http://en.allexperts.com/q/Celibacy-Abstinence-3564/

Question
Hello Sir,

Suppose an adolescent gets caught in pornography's trap and gets addicted to mas turbation in his late teens and early twenties. Does his continued indulgence in troduce demoniac entities into his gross body? Also, when he hugs his parents, d oes the bad karma get transferred to parents (or anyone else he interacts with) also?

How can one develop sufficient strength and will power to completely eliminate s uch tendencies, which are deep rooted in one's consciousness ?

Answer
Hello Amit,

Hope you are keeping well. Coming to the answers,

Demonic entities are astral in nature and hence invade the astral body. Indulgin g in pornography and masturbation drains the body of positive Prana and thus att racts decay, degeneration and negative energies. This results in corrupting the mind, body and the psyche and thus leads to overall downfall in every sphere of life. Since negative entities associate themselves with negative acts, long indu lgence in porn related activities does make one come under the influence of nega tive tendencies and entities.

Hugging a person cannot transfer one's karma to the other under normal circumsta nces. However, as in the case of constant association, the vibrations given out by a person affect the minds of those around him or her. We feel positive and di vine in the company of the pious and virtuous and become negative in the company of wicked and evil people.

Success in attaining a pure state of mind comes after a long time based on one's past karma further to constant efforts, determination and honesty in the practi ce of virtue and purity. The only way one can develop strength is to indulge in rightful action, shun wrong action, keep one's thoughts pure and lead a lifestyl e of virtue, discipline and constant prayer to God.

God bless and have a nice day :-)
Dhananjay

Question
Is it true that by long practise of brahmacharya and conquering wet dreams one c an get a steel body! I say this because I am practising martial arts (Wing Chung) and would like to gain a big advantage- as well as physical training! I know L ord Hanuman is a perfect brahmachari. Can one develop even a steel body like Sup erman if one reaches the level of urdhavereta!

Answer
Hello Sanj,

Trust you are fine. Coming to the answer,

The conservation and transmutation of semen without wastage through proper means involving physical, mental and spiritual activity results in the body to gradua lly tend towards a stage where it produces lesser and lesser quantities of 'phys ical' or gross semen and instead the 'Prana' or vital energy directly goes into the body, brain and intellect to give superlative abilities. One must remember t hat physical semen is the gross representation of Prana or vital energy. Semen i

s the physical medium through which the subtle life energy present within succee ds in creating another human being (through reproduction). In other words this i mplies that a reversal of this outward flow in an inward direction enriches, emp owers and superpowers the life energy and ability of the person.

In a person who is a complete Urdhvareta, the physical production of semen is co mpletely arrested further to a complete control and mastery over 'Prana' or life energy. Such a person is beyond the state of lust, temptation and all the 6 neg ative traits and is in complete realization of the fact that he is only an exten sion of 'Brahman' or the Almighty. Since his individual ego is completely destro yed and this has made him relate himself only as an extension of the Almighty, s uch a person rests in a state where his Brahmacharya is effortless and natural. This state he is able to achieve and maintain further to realization of the fact that he is the soul which is just a fragment of the Almighty and not the body, mind, consciousness or ego. This is a very advanced state that is almost beyond the comprehension of the layman who thinks he is the body or the mind. Only a fe w years of honest and true Brahmacharya can help one start to realize the entire ty of this state.

Further to reaching such a state, the superhuman powers that already exist withi n the soul start to manifest within the Urdhvareta. He would depend very little on his physical body and instead used his mind fueled by the power of the soul t o accomplish things in the gross world. This gives him the ability to 'think' hi s way into things that he wants to accomplish. He can 'will' for something for h appen and it happens. But again, since his will, thought and action are mirror r eflections of the Almighty further to dissolution of the individual ego, what he does is fully within the laws and bounds of the Universal will (Gods will) and never beyond. Hence such a person will never commit any wrong by the use of thes e powers and instead makes use of them only under divine permission and under ri ghtful necessity.

As one starts the practice of Brahmacharya and succeeds in longer and longer per iods of celibacy and finally unbroken Brahmacharya, the physical and astral toxi ns present within gradually vacate over a period of time. Elimination of these t oxins is generally represented by the onset of some form of brief illness or dis ease. The suffering and pain that the Brahmachari endures through the illness wo rks out the negative karma (the cause of the toxin or impurity) which was embedd ed within due to past misdeeds and burn it out. As and when layer by layer of th ese impurities burn out and vacate (for ever), the body becomes that much strong er and impregnable to further disease or debility. It develops the strength and power to become stainless and untouched by external factors fueled by the power of the soul. Finally upon reaching the complete state of an Urdhvareta, the Yogi develops what is called as 'Yogagnimayam Shariram' or the body purified by the power of Yoga. Such a body is akin to a body made of steel and is resistant to a ll forms of degeneration and decay except that dictated by 'Prarabdha karma' or that karma which has to be worked out in the present life. Great physical and me ntal feats can be easily carried out further to achieving such a state.

God bless and have a nice day :-)
Dhananjay

Question
Dear dhananjay First of all wish u happy holi.
I am quite comfortable with celibacy but i have no control over anger(krodh),gre ed(lobha),moha and ahankara. I want to ask you can i become successful in contro lling these just by becoming celibate?Plz suggest me some books which can be hel pful in self-realization.

Answer
Hello Neeraj,

Wish you also a Happy Holi. Coming to the answers,

Lust, anger, attachment, greed, arrogance and jealousy (called 'Arishadvargas) are the six negative traits that bind man to delusion and deprive him of the bliss and well being that are in truth his default nature. They are the result of ignorance and in turn breed more ignorance causing a vicious cycle. The practice of Brahmacharya in thought, word and deed with constant God-meditation will gradually make one realize the fallacy of indulging in these six impediments to soul bliss and will help one in negating them. What is important is to constantly remember that indulgence in any one of these six traits leads to loss in 'Prana' or vital energy and will cause a downfall of the aspirant in terms of his net progress in all walks of life both spiritual and material.

For this reason, one should constantly remind oneself that we are the 'Atman' or soul which in reality is unblemished, stainless and untainted by the happenings around us and not get instigated into a state represented by the above six traits. With constant God-meditation and a virtuous mode of Brahmacharya, this aim can be accomplished to a considerable extent further to crossing a year of unbroken celibacy. After a year's practice, one can observe more concrete progress in terms of a further reduction in the tendency to succumb to any of the six. What is required is constant determination and perseverance to refrain from getting fired up by these traits and remind oneself to stay unruffled around the happenings in the world along with the practice of Brahmacharya.

The Bhagavad-Gita would be the most practical and user friendly guide for an aspirant aiming for self realization. It is a perfect pointer of the path to be taken for spiritual growth, confirming to the practical application of how to implement ideals. Opt for the summary on the Bhagavad-Gita written by Shri 'Paramahansa Yogananda' published by the self-realization fellowship. This is a book of priceless value to the Yogi.

God bless and have a nice day :-)
Dhananjay

Question
Hi Dhanajay,
Applying one's will power to observe celibacy means its not something which comes by itself unconsciously or without effort... So what should be the right reason for anyone to convince himself (in the core of his heart) to observe celibacy ?
Also I guess many times the scriptures themselves may talk in contradictory terms that some times its good to control senses and some times its not good and so on... Please share your understanding on this ..

Answer
Hello Chandrasekar,

Hope you are doing good. Coming to the query,

Q: Why should one practice Brahmacharya?
A: Can a mirror covered with dust shine and reflect an image? NO. One cannot see one's reflection in a mirror covered by dust. Reflecting an image does not come 'naturally' to the dust covered mirror. Does this mean it is against the nature of the mirror to reflect? NO. It only means that that the layer of dust covering the mirror is obstructing the 'true nature' of the mirror to reflect and shine in all grandeur. If one were to take the effort of cleaning and polishing the mirror, the very same mirror that appeared dull and lifeless would shine in splendor and give the exact reflection of the object placed before it.

The practice of Brahmacharya is exactly similar. A person (The Atman or soul) co uld be compared to the mirror. As in case of the mirror whose inner shine and sp lendor were 'unchanged and untouched' in reality by the presence of dust but onl y temporarily obscured, the Atman by itself is untainted, stainless, unblemished and eternally pure. It is the long association of a person with objects of sens es that has made him forget his true nature of eternal bliss and go in search of 'temporary' and 'impermanent' pleasures via his five sense of perception (sight , smell, taste, sound and touch). This long association with sensual pleasures w eaves a strong cocoon of 'Maya' (Ignorance) around the soul that makes it forget its real nature of eternal bliss and experience suffering further to indulgence in sensual pleasures. This results in a state where the pursuit of purity, virt ue and Godliness appears 'unnatural' and alien to one's nature (just as the dust covered mirror would say 'How can I reflect an image? It is unnatural to me!)

The 'Shvetâshvatara Upanishad' a superb treatise on the path of self-realization w ritten by the great and noble sage Shvetâshvatara for the benefit of mankind gives us a beautiful example to demonstrate the above analogy. There it is said - " A s gold or silver, first covered with earth, and then cleaned, shine full of brig htness and light, so the embodied man seeing the truth of the Atman as one, atta ins the goal and becomes sorrowless".

In order to 'remove' the layers of 'ignorance' woven around the soul and reclaim one's default state of Bliss and joy, one has to reverse the order of activity that brought him to this state. Since indulgence in sensual pleasures was the ke y activity that led to degradation, one has to give up such activity, contemplat e on the true nature of the 'Atman' and realize that one is not the body, mind, intellect, consciousness or ego but only the 'soul'. One has to realize the infi nite bliss state of the soul and reclaim his lost kingdom. This can be achieved by no other process but through Brahmacharya. As one progresses in Brahmacharya, he slowly starts to realize that sensual pleasures are temporary, impermanent a nd can never give true bliss. He starts to realize that lust and temptation are only tricks of the mind due to continuous repetition of recreational sexuality a nd have no stand or bearing by themselves. Finally, one realizes that eternal bl iss and joy exist within oneself (soul) and that there is non need for anything external to entertain oneself.

This state is explained in the Bhagavad-Gita by Lord Krishna. There he says -" T he realized soul of steady wisdom becomes content in the self by the self and go es to the state beyond misery and sorrow never to return back "

Do we want an existence like a dust covered mirror, dark and unclean, thrown in a corner with a pile of junk, unknown, uncared, neglected and abused or the magn ificent existence of a well maintained and polished mirror that is proudly displ ayed in a public gallery and is admired and marveled by all the people who pass by it? The answer to this question decides the relevance of Brahmacharya.

All scriptures cutting across religions advocate man to ascend the state of puri ty and divinity and shun sensuality. This is beyond exception. It is for the dis cerning mind to rightly interpret these books of priceless value and absorb thei r true meaning just as we absorb the 'essence' in food through digestion and dis card the balance through excretion.

God bless and have a nice day :-)
Dhananjay

Question
I have noticed that when I Lust with the eyes or thoughts I lose energy as well. How is the power being drained when no semen is lost? Also when I lust through the day I feel like I am in space most of the day. It affects me and makes me ne rvous and self conscience. I am happily practicing 100% chastity from now on. Wh

at are other ways to make my chastity 100 times more productive as far as accomp lishments and intelligence. Is it just time?

Answer
Hello Carr :-)

Hope you are keeping well and enjoying the benefits of a celibate life with sust ained efforts. Thank you for the query, coming to the answer:

Q: How does a man loose his energy through the sense of sight in spite of not en gaging in the sexual act?
A: We perceive all in the external world around us only through the five senses namely:
1. Eyes -sense of sight
2. Nose -sense of smell
3. Tongue -sense of taste
4. Ear -sense of sound
5. Skin -sense of touch

Lustful thoughts reach the mind only via one of these five senses mentioned abov e. It is impossible for a man to experience the sex sensation without activation of one or more of these senses. So when you look at an object of lust, your eye s transmit this sensation to your mind resulting in the lustful thought. The min d in turn sends a signal to the sex organs towards activation. In a celibate com mitted and devoted to the concept of celibacy, such lustful thoughts cause menta l and emotional pollution. This explains 'feeling dirty' further to lustful thou ghts. Loss of energy is accompanied consecutively. Don't you feel a loss of ener gy when you get angry? It is very similar here too. Though this loss is smaller as compared to that from loss of semen, a cumulative of thoughts in the sex plan e will make the seed come out eventually in a wet dream.

With sustained efforts, a disciplined life with adequate yoga or exercise and pr ayer to god for liberation, one achieves definite growth. It is very important t o stay clear of all objects which fire up the sex plane through one of the above mentioned senses. That is, the celibate should stay away from sights, smells, f ood, sounds and physical touch which activate the sex plane. Coming to how long it takes, with every passing day you will find yourself brighter, happier, more cheerful and in possession of growing mental energy and ability. Further to 12 y ears of absolute chastity with not even a drop of semen loss (with the exception of the occasional period), the celibate is said to achieve superhuman powers an d bliss incomparable to earthly standards along with the vision of god if he so desires. Also achieved is the power of total recall, wherein the celibate gets s uch a powerful memory that he can remember anything he wishes, however large it may be in magnitude. These are only some of the innumerable benefits and powers that he acquires. But the journey to this point is no less wonderful, and increa ses in bliss with every passing day of honest celibacy.

Trust this helps.

Wishing you all the every best in your noble endeavor of practicing 'Brahmachary a'
God bless and have a nice day :-)
Dhananjay

Question
hello.!!!
1.what is the importance of practicing brahmacharya for 12
years? what you attend at end.?
2.how siddhis are related with brahmacharya?
3.Can the damage caused by past mistakes, like loss of

vitality be got back.?

Answer
Hello there,

Hope you are doing good. Coming to your queries,

Q1: What is the significance behind practicing Brahmacharya for a period of 12 years?
A: If one wanted to take a kettle of water and convert it to steam what would one do? Firstly the kettle would be placed atop a fire, it would be be covered tightly with a stopper, heated to 100 degrees centigrade and then the steam would start appearing, and after maintaining this temperature for a considerable duration of time, all the water in the kettle would slowly get converted into steam. Would any reduction in the temperature to say 98 degrees, reduction in the heating time or a leak in the kettle help us achieve conversion of every ounce of water into steam? NO.

Practicing Brahmacharya for a period of 12 years is very similar. The human body produces semen through a seven stage process. From food comes chyle, from chyle-blood, from blood-flesh, from flesh-fat, from fat-bone, from bone-marrow and finally from marrow comes semen. It is the seventh and final tissue element of the human body, hence called 'Saptha Dhatu'. It is the net sum of all energy, power, creativity and greatness within man capable of producing a new life. No other secretion in the human body has the power to give life. Semen is the net sum of all 'Prana' or vital energy within. The body draws entirely from man's vital life energy to produce each drop of semen and semen in turn produces another life. With every instance of loss of semen, 'Prana' or the vital energy within gets destabilized and man in turn gets poorer in his life energy proportionately. Hence for man to achieve his full potential and prowess in any sphere of life, the conservation, transmutation and sublimation of semen becomes mandatory. Just as water in the kettle took the requisite time, temperature and pressure to convert into steam it takes 12 years of absolute celibacy in thought, word and deed (without the voluntary wastage of even a single drop of semen) for the 'Prana' to reach a level where the complete intrinsic power, ability and greatness of man start to manifest.

Q2: What does one attain by this process?
A: The answer would be 'What does one not attain by the process'? A barrel of water by itself cannot do much, but if converted into high pressure steam, it can run a turbine and generate electricity. It can be used to cook food and feed a hungry mouth. Brahmacharya similarly can be used to achieve spectacular results in any field of life. All scriptures cutting across religions profess that by the honest and true, unbroken practice of Brahmacharya in thought, word and deed for a span of 12 years, the Urdhvareta acquires superhuman powers and even the vision of God. This rewards him with the fruition of all his goals and objectives at the highest level and finally self-realization, the very purpose of the human existence.

Q3: What is the connection between Siddhis and Brahmacharya?
A: Siddhis or special powers are nothing but a manifestation of the infinite power already present within the soul or 'Atman'. The reason why these do not manifest in the common man is because of the layers of 'Ignorance' or 'Avidya' which have cocooned themselves around the soul. If man could unveil this ignorance effectively, he could achieve the impossible, be it in the materialistic or spiritual spheres of life. Brahmacharya helps one to effectively unlock this veil and let the light of the 'Atman' or soul to shine through in full splendor so man could achieve all his aspirations and reach the goal of human life through self-realization.

Q4: Is damage caused by past loss of vital energy reversible?
A: It is 'Better late than never' and 'Never too late for amendments'. Practice of Brahmacharya even for a few months will make even a non-believer realize the benefic effects of celibacy. The scriptures recommend that for the full powers and siddhis of 12 year celibacy to be unleashed, the commencement of unbroken practice must commence at least before the 32 or the 34th year. This does not entirely mean that those who start later will not be benefited. Our past is gone and beyond our control. It is the present and future over which we have some say. He who starts the practice of celibacy as soon as he gets to know of its benefits, whatever be his age will surely improve and shine from then on.

God bless and have a nice day
Dhananjay :-)

Question
QUESTION: Hi, I am 32 years old man, married 3 years ago.
I have a high libido but still maintained virginity till marriage lest i shall lose charm of marrying.
But my wife is not as sexually inclined as i had wished, although otherwise very loving.
Now, the inferiority caused by being refused time and again is highly frustrating. I find indulged to cyber,porn etc, which later causes guilt pangs of wastage of time and resources.
I understand that an extra marital would be a damaging affair. So the last option i think is to kill all sexual desire somehow.

I have 2 queries in this regard.

A.) Is my reason for obtaining abstinence (told above) a good and sensible reason, or is this a self defeating or a compromising one?
B.) My wife is highly desirous of having a baby but some medical reasons are delaying it. Hence she expects me to have sex almost daily during favorable days, but of course at NONE other times.
How do i manage my abstinence between such conflicting expectations of her? This is tearing me apart.

Please help.

ANSWER: Hello Vijay! Nice to meet you. I will paraphrase my understanding of your questions below and do my best to answer them.

Q: I want to be abstinent because I'm avoiding adultery. Is this a sensible reason to try attaining abstinence?

A: It is a sensible reason, but it is only one of many, more important reasons.

1. Abstinence from all unnatural emission of semen (including masturbation and viewing porn) will immediately improve your health.

2. For many, after a year or so, success comes to you very visibly through your career channel, bolstering your bank account and improving your mood.

3. Perhaps after another year, you'll even start to have more fame - a very good name in society, articles in the newspaper, people calling you to interview you etc.

These are broadly what I would call "blessings". Much of these come from you saving a lot of time and energy and putting time and energy into your work, cleaning up, organizing, and hobbies. But through this process you'll understand more deeply who is God, and that God is now blessing you. You gave up a silly baubl

e that was placed in front of you, and you said, no, I love God, not this glitte ry object.

4. So the ultimate reason for being abstinent is to be closer to God, to know wh o is God, and to know what is God. This is the most noble and fulfilling reason to be abstinent.

[If you remain abstinent for at least 30 days, you will start to feel very high, noble, and towering. I personally felt like I was soaring around the streets. It is a cosmic experience, and it is a very strong signal from the powers that be that you are doing the right thing and are on the right path.]

Q: What about looking at porn as an outlet for my desires when my wife is disint erested?

A: Be careful what pictures you see. Bad and ugly pictures can burn into your memory. Those images may be with you for the rest of your life. The only way t o get rid of them is with very diligent practice of japa. Imagine that one of t hose pictures will mean that you will have to do 300 hours of japa just to keep you from having nightmares and health problems later on. Is it really that wort h it? Set up your filters for google ("strict filtering") and other internet se rvices. Set up your computer as a tool for work and religion only. Kick the po rn addiction, and be healthy and have beautiful dreams at night.

Q: My wife wants to have sex for having children. How can I manage my emotions as a celibate householder?

A: Having sex for the clear purpose of having children is quite valid. I eat to stay alive. I could have sex to have children. Everything in nature has its n atural, intended purpose. This said, there are addicting emotional encouragemen ts that go along with sex, which easily lead the sexing man into liking sex itse lf, and not thinking of the ultimate goal - having children.

Paramahansa Yogananda expressed that he was born of parents who were strict hous eholders. They had sex only to have children, and to have their nine children t hey likely only had sex nine times. He said that in Vedic tradition, the husban d has sex with the wife at a propitious time and during a long period of abstine nce. This assures success. After the act is done, the husband is to leave the home for 24 to 48 hours. There are several reasons for this discipline. One, t he emotional state of the man is to want more and more sex, so it is best to rem ove the wife from view and go off and do some other business during this time. Two, the emotional state of the man and woman together is actually conflicting. Their emotions become very "complex" after sex. There is a phrase for this in English: pillow talk. Pillow talk is famous for being contentious and sad. Typ ical questions the female may have during this period are: "Do you really unders tand who I am?", "Do you really love me?"....Actually there is no meaning to the se questions. The couple has just been through a very difficult experience, the ir emotions have just soared and crashed. Their mental states are very, very co nfused, especially during the first two days and clearly continuing for two week s. So for this reason it is a very good habit for the husband to leave the wife immediately after sex.

I know several men who can support these claims with their experience. I have a n American friend who was striving for abstinence for a whole year. His wife te mpted him one day, and after just one time she was pregnant. A Black man in Nan jing had the same experience - a wife who tempted him out of his attempt to stay celibate, and then boom, an immediate pregnancy. A Chinese man I know was told by doctors that he was infertile. His wife underwent painful operations and in jections to try getting her pregnant. Finally, the man tried abstinence for thr ee or four months. Then with just one try, his wife was pregnant. Also, I have

a friend who tried abstinence for three months, then went to a hospital in Shan ghai to have his semen tested. He tested eight times the normal sperm count, wi th 64% high quality sperm over the average 50%. I could tell more stories, but you get the idea.

If you and your wife are very sure you want children, you only need one time dur ing her ovulation. You can try planning some other activity somewhere outside t he house for the following two days. This will reduce the spiritual confusion t hat householders sometimes have.

Hope this helps!

- Ian Clark
Brotherhood of the Sacred Word

---------- FOLLOW-UP ----------

QUESTION: You would be happy to know that although i still indulge in daily fore play, but maintained the restraint from ejaculations since about a month.
I do feel more self esteemed.
BUT
Though i have put in all web filters etc, i still feel tempted to bypass them an d view porn and indulge in sex chat online.(e.g from other possible online place s)

Secondly,
You missed some of my queries, but rather answered more than i asked in other qu eries.

I am restating my pending ones.
1. My initial reason for going celibate is that my wife has low sex drive, and i t is frustrating to face denials from her side. Extra marital is not my cup of t ea, hence a viable solution i felt is to kill desires. So is this reason a healt hy one or self defeating one to become celibate?

2. I discussed this issue with my wife. Her stand is that she will not miss any lack of intercourse. But she WANTS daily cuddling and intimacy, like sleeping wh ile hugged. Will this intimacy be any hurdle to my celibacy?

3. What's the best way to keep a balance. Can i continue indulging in foreplay a nd maintaing restraint to intercourse, or some other way?

4. How much frequency of intercourse is in allowable limits?

Answer
Hello Vijay! I'll do my best to help with your questions.

First, some impressions and comments:

It's great that you made it through a month. Next time, try to beat that record . We suggest keeping a journal of your day to day activities to monitor improve ments.

If filters for your computer are not enough, then the problem is with self contr ol. It's understandable that people are very tempted by ads and pictures that c ome to them when they don't want them. But if you go and seek them, that is a p ersonal issue. The first step to self control is to physically not click that m ouse on bad links. That's step one. Step two is to stop talking about sinning

as enjoyable or good in any way (you're already doing well on this, I think) and to talk positively about your new experiences as a pure and continent man. Step three is not within your direct control - it is your consciousness, mind, and astral plane. This will eventually clear out of horrible images and temptations as you complete steps one and two for several years.

Also make sure that you have plenty of constructive work planned ahead of time before you turn on the computer. There should be some journal entry which addresses that.

Now for the questions!

Q: My initial reason for going celibate is that my wife has low sex drive, and it is frustrating to face denials from her side.Extra marital is not my cup of tea, hence a viable solution i felt is to kill desires. So is this reason a healthy one or self defeating one to become celibate?

A: Wanting to kill desires is actually a strong desire for freedom, and it is very healthy.

Q: I discussed this issue with my wife. Her stand is that she will not miss any lack of intercourse. But she WANTS daily cuddling and intimacy, like sleeping while hugged. Will this intimacy be any hurdle to my celibacy?

A: If you are past step one of the steps above and have physical control of the sex desire, then it will not be a hurdle.

Q: What's the best way to keep a balance? Can i continue indulging in foreplay and maintaining restraint to intercourse, or some other way?

A: If you have already attained physical self control, you can indulge as much as you want in hugging, massage and other intimate though non-sexual behaviors. The line is very clear between these behaviors and sex. If you already see that line clearly and have good self control, then by all means indulge in it.

If you feel you haven't gotten that control yet, then sleep in a separate room. You may have to verbally reassure your wife constantly that you are faithful and that you love her. Tell her that you will be over this problem in a few months or a year. (I would say a year of continence is a very good sign that you are in control, and at least past that line you can start to regain normal, non-sexual intimacy with your wife).

A: How much frequency of intercourse is in allowable limits?

Q: One incident of intercourse per wanted child.

Question
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4. So the ultimate reason for being abstinent is to be closer to God, to know wh o is God, and to know what is God. This is the most noble and fulfilling reason to be abstinent.

[If you remain abstinent for at least 30 days, you will start to feel very high, noble, and towering. I personally felt like I was soaring around the streets. It is a cosmic experience, and it is a very strong signal from the powers that be that you are doing the right thing and are on the right path.]

Q: What about looking at porn as an outlet for my desires when my wife is disint erested?

A: Be careful what pictures you see. Bad and ugly pictures can burn into your memory. Those images may be with you for the rest of your life. The only way t o get rid of them is with very diligent practice of japa. Imagine that one of t hose pictures will mean that you will have to do 300 hours of japa just to keep you from having nightmares and health problems later on. Is it really that wort h it? Set up your filters for google ("strict filtering") and other internet se rvices. Set up your computer as a tool for work and religion only. Kick the po rn addiction, and be healthy and have beautiful dreams at night.

Q: My wife wants to have sex for having children. How can I manage my emotions as a celibate householder?

A: Having sex for the clear purpose of having children is quite valid. I eat to stay alive. I could have sex to have children. Everything in nature has its natural, intended purpose. This said, there are addicting emotional encouragements that go along with sex, which easily lead the sexing man into liking sex itself, and not thinking of the ultimate goal - having children.

Paramahansa Yogananda expressed that he was born of parents who were strict householders. They had sex only to have children, and to have their nine children they likely only had sex nine times. He said that in Vedic tradition, the husband has sex with the wife at a propitious time and during a long period of abstinence. This assures success. After the act is done, the husband is to leave the home for 24 to 48 hours. There are several reasons for this discipline. One, the emotional state of the man is to want more and more sex, so it is best to remove the wife from view and go off and do some other business during this time. Two, the emotional state of the man and woman together is actually conflicting. Their emotions become very "complex" after sex. There is a phrase for this in English: pillow talk. Pillow talk is famous for being contentious and sad. Typical questions the female may have during this period are: "Do you really understand who I am?", "Do you really love me?"....Actually there is no meaning to these questions. The couple has just been through a very difficult experience, their emotions have just soared and crashed. Their mental states are very, very confused, especially during the first two days and clearly continuing for two weeks. So for this reason it is a very good habit for the husband to leave the wife immediately after sex.

I know several men who can support these claims with their experience. I have an American friend who was striving for abstinence for a whole year. His wife tempted him one day, and after just one time she was pregnant. A Black man in Nanjing had the same experience - a wife who tempted him out of his attempt to stay celibate, and then boom, an immediate pregnancy. A Chinese man I know was told by doctors that he was infertile. His wife underwent painful operations and injections to try getting her pregnant. Finally, the man tried abstinence for three or four months. Then with just one try, his wife was pregnant. Also, I have a friend who tried abstinence for three months, then went to a hospital in Shanghai to have his semen tested. He tested eight times the normal sperm count, with 64% high quality sperm over the average 50%. I could tell more stories, but you get the idea.

If you and your wife are very sure you want children, you only need one time during her ovulation. You can try planning some other activity somewhere outside the house for the following two days. This will reduce the spiritual confusion that householders sometimes have.

Hope this helps!

- Ian Clark
Brotherhood of the Sacred Word

Question
QUESTION: Hello Ian:

Which technique do you think results in swifter progress: 1) to very strictly shut out all sensory stimulus or 2) to allow *some* sensory stimulus and then sublimate the desires into spiritual aspirations?

I have been perfectly celibate, without voluntary slips, for over 4 months now and I believe part of my success is because of a favorable environment with few females around and where I am immersed in my work and studies. I have noticed that my perception of females has changed and I no longer allow myself to consciou

sly consent to 'do' anything to them in my thoughts. However, I still find that I appreciate their beauty and I still have a desire to stare if I see a beautiful girl. However, if I stare too much (such as when watching TV) and feel the stirrings of arousal, I find I have more control in sublimating these with meditation into spiritual goals.

I do realize that allowing some stimulus in approach 2) is a slippery slope that could result in a downfall, but I am assuming here that the person has already made some progress in being chaste. Approach 2) feels as though more energy is being raised in my body and I am training myself to adapt to it. The downside is that it potentially generates more impure thoughts. With approach 1), I keep wondering if the progress is too slow or even stagnant. Two other considerations I have are that I expect my environment to change shortly where there will be more temptation and boredom, and I am somewhat impatient to see if celibacy can cure a physical skin condition I have (psoriasis). I keep wondering if approach 2) is more effective in raising more energy and training me to live amidst worldly temptations.

We often here that artists need beautiful women around as a stimulus to produce great art (through sublimation). Could the artist produce such great works without that stimulus?

Once again, I thank you very much for your advice as reading about your experience was one of two things that was a catalyst for my current progress, after several years of failure.

John

ANSWER: Hello John :-)
This query must ve been forwarded my way. Though it s not addressed to me, I will try my best to answer it.

Coming to your question as to which method would be better?
1.Strictly shutting out all sensory stimulus, OR
2.Allowing some sensory stimulus and sublimating the same

The answer is to shut out all sensory stimulus backed by the constant reminder of knowledge that sense objects lead one away from the path of real progress, happiness and bliss.

The second approach doesn t ultimately make sense, as it s nothing more than a circuitous & slow downfall towards one s past delusive animal instincts.

You are right in assuming that a conducive environment bereft of temptation helps. It certainly does and is in fact a necessity for an aspirant in the path of celibacy.

All Holy Scriptures cutting across religions state that till the time a celibate has realized his SELF or god and is perfectly established in celibacy to the point where his mental purity and lack of response towards sense objects become Natural and Effortless he should always be extremely alert and vigilant against the onslaught of senses. By the honest, true and unbroken practice of celibacy for a period of 12 years, man generally reaches this state. The sight of a naked woman would have no bearing upon him. He feels no difference in stimulus between touching a piece of wood and the naked body of a beautiful woman. He sees himself in every form of life and all forms of life within himself. This is the ultimate aim of celibacy and the goal of life. Man is then one with his maker.

But beware! Till one has reached this state, he is ever prone to defeat under the powerful attack of lust at any given point in time. It is in fact said that a

celibate aspirant should ever be humble and meek before god, asking him for guid ance and the power to win over the senses and be constantly aware of the fact th at he is still a student in controlling his passions and not yet a master.

If an aspirant lets some sensory stimuli to enter his domain, he soon finds himsel f being overpowered by more and more sense stimuli, which grow like hay on fire an d finally devour him! So the trick is to nip them at the bud.

It s good that you have been without slips since the past 4 months. This is in fac t an indication that you are destined for more if you strive rightly. The first 3 -4 months of celibacy make a person experience a drastic change in his state o f mind and attitude. This is because man slightly touches upon that beautiful stat e of soul serenity which he never knew all through his adult life. But a word of caution is necessary here: As you progress further this initial euphoria or high will settle down and stabilize, and then the celibate should very clearly rememb er to be eternally vigilant and alert against any form of sexual stimulus, else he will be tempted to stray and loose his ground.
The desire to stare at a beautiful lady is a clear indication of latent lust. Th ere are people who argue that they are looking at beauty and not at sexuality . Would they stare at the same lady if she were old or say dead? Where did the beauty g o then? True beauty is permanent and imperishable, it cannot age, and it cannot perish. This thing which we call beauty in a man or a woman is the physical beauty of the body, an illusion. Look at this beautiful lady after she s down with disea se for a few days all grungy, haggard and unkempt and see if you feel the same a ttraction. This attraction which you refer to will have vanished...Why? Because th e beauty you were referring to and looking at was the illusive, temporary and semi -permanent physical beauty and not the true soul or god beauty. This is exactly wher e celibacy comes; it makes man get in touch with the real beauty of the soul or go d .

John, have you ever wondered why a young virile man or a pretty girl in her teen s look so attractive? What is it in them which disappears once the man grows old o r this pretty girl bears a few kids? The secret of reality and creation lies in th is answer. It is God who shines through these people at youth in the form of their sexuality and makes them look beautiful in order to facilitate them to attract a mate, marry and produce offspring. Once this purpose is achieved this pretty girl starts losing the physical charm and oomph which she previously had. In reality th e physical body made of flesh and bones was never beautiful. The God power shining through it with the above said purpose held it high and together to give it fi rmness, fullness and an aura of beauty ! If the same pretty girl were to die, say at youth her dead body would no longer look beautiful Why? Because the beauty or God oul which resided in her body has vacated its residence!!

Coming to your other question, a true and a great artist when he paints a beauti ful lady, would at that instant knowingly or unknowingly be into painting this i mperishable, all pervading God beauty in the soul of the object, shining through t he body. We can clearly see this difference between the works of an ordinary art ist who merely paints the body and that of classics like Renoirs or Rembrandts . So a gain, all superlative results, be it in any field of life are results of man s con nection with the Divine and not the flesh. A Renoir of even a very old man looks Fant abulous !

Trust this helps clear your doubts regarding the subject and helps you walk more firmly in the path of celibacy John :-) Revert to me for clarifications if any

God bless and have a nice day :-)

---------- FOLLOW-UP ----------

QUESTION: Thank you Dhananjay for your detailed response! I will re-commit mysel
f to avoiding sensory stimuli as lately I've been getting lax on this. However,
although your response makes perfect sense to me (I do see that allowing some st
imulus only creates desire for more), I am still troubled by one question. I wil
l re-phrase my question so it's more clear. Here is what I currently understand:

1) Sensory stimuli cause desire in people
2) Semen is produced in the body as a result of those desires
3) With meditation, the body can sublimate that semen into higher forms and this
 produces Ojas
4) The more Ojas a person has stored, the more spiritual power he will have.

By the above reasoning, it is better to get the body to produce more semen so mo
re can be sublimated and stored as Ojas. So my original question came about beca
use I wondered if more sense stimuli could be an aid to ultimately storing more
Ojas. But of course there is something erroneous in my thinking on this. Can you
 help me identify what is incorrect in the above reasoning, and what's the right
 way to understand this process?

Thank you very much!
John

Answer
Hello John :-)
Technical knowledge regarding the endeavor is very important in order to help us
 aspirants choose the right path when we come to a fork on the road. Let's try a
nd get to answer your statements/ questions:

1. Sensory stimuli cause desire in people:
True, an aspirant is prone to react to stimuli with desire till the time he has
reached mastery. This spontaneous reaction is a cumulative result of his similar
 reactions and actions from his past karma or deeds.

2. Semen is produced in the body as a result of those desires:
Lets put it this way; semen gets into the ejaculatory mode when man reacts to stim
uli with desire. In a true celibate, the volume of production of semen is limite
d to the 3 purposes which semen is programmed to attend to in addition to reprod
uction namely:

A.Rejuvenate and revitalize the physical body.
B.Help develop a keen intellect/ additionalize the brain functions.
C.Take man to a spiritual plane and aid him in self realization.

In a non-celibate, very little semen is available for the above three functions,
 as most of it flows out. In a celibate it s the reverse.

3. With meditation, the body can sublimate this semen into higher forms producin
g ojas:
True, meditation upon the divine transmutes Rethas or semen into Ojas . In fact almos
t all of the Rethas is transformed into Ojas in a true Urdhvareta yogi except the co
tituent amount required for sustaining his body and his intellect/ brain. (Urdhv
areta: This is a compound Sanskrit word from the words Urdhva- meaning upward an
d Rethas- meaning semen: It means One who has taken his semen upwards) However in
an aspirant yet to become an Urdhvareta it becomes necessary to indulge in adequat
e physical and mental activity along with meditation, in order to achieve the st
ate of Ojas . Else that third part of semen flows out.

4. The more Ojas a person has, the more spiritual power he has:
True, Ojas is nothing but the gross creative power in a very subtle form.

As to your other statement that more semen means more ojas further to transmutat ion there is a correction. I will explain it with an example. Let s say X calories o f balanced food are required for a healthy, strong and muscular body. Will healt h, strength and muscle mass increase by tenfold if we consume 10X calories or hund red fold with 100X calories? No. Similarly only a portion of semen gets converted to Ojas after attending to the other two functions. The excess semen produced will flow out. In an Urdhvareta, the body produces just the required quantity. The r est never gets produced! It is transmuted into subtlety. It is for this reason t hat great yogi s indulge in Mitaahara or moderation in diet. Overeating has a tenden cy to produce more semen in the gross form beyond requirement.

Now on your question if more sense stimulus means more ojas, it is in fact the o pposite. I would request you to re-look at point No.2. Sense stimuli produce des ire which in turn stir up and put together semen into the ejaculatory mode . The wh eels of expellation have started to move! Any volume of semen that has got into this state cannot be converted into Ojas . It will eventually come out only as Retha s in the gross form. This is the reason an aspirant is asked to totally shun sens e stimuli. He cannot become an Urdhvareta as long as the mind reacts to stimuli with desire.

Lastly, your query regarding Psoriasis. All diseases/ deviations from robust hea lth in man at the physical/ mental level are a result of some past negative karm a. Considering celibacy is man s journey back to the divine, brahmacharya can undo all the inauspicious signs. However based on the extent of one s negative karma, this could take time. We are all aspirants who have trodden the path of celibacy since short time, while indulging in the delusive actions of ignorance since a very long time! Time and effort will break even and then annul these karmas.

Hope this clears your doubts. Revert to me for clarifications if any John
God bless and have a nice day :-)

Dhananjay

Question
Hello Ian:

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But beware! Till one has reached this state, he is ever prone to defeat under th e powerful attack of lust at any given point in time. It is in fact said that a celibate aspirant should ever be humble and meek before god, asking him for guid ance and the power to win over the senses and be constantly aware of the fact th at he is still a student in controlling his passions and not yet a master.

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John, have you ever wondered why a young virile man or a pretty girl in her teens look so attractive? What is it in them which disappears once the man grows old or this pretty girl bears a few kids? The secret of reality and creation lies in this answer. It is God who shines through these people at youth in the form of their sexuality and makes them look beautiful in order to facilitate them to attract a mate, marry and produce offspring. Once this purpose is achieved this pretty girl starts losing the physical charm and oomph which she previously had. In reality the physical body made of flesh and bones was never beautiful. The God power shining through it with the above said purpose held it high and together to give it firmness, fullness and an aura of beauty ! If the same pretty girl were to die, say at youth her dead body would no longer look beautiful Why? Because the beauty or God oul which resided in her body has vacated its residence!!

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Trust this helps clear your doubts regarding the subject and helps you walk more firmly in the path of celibacy John :-) Revert to me for clarifications if any

God bless and have a nice day :-)

Question
Dhananjay,
Your answer to the question about anger leads to link between anger and envy. In these times all men have to guard against the feeling of envy of the alpha males or "players" who are successful in having sex with many women. So does this not mean that the intellectual approach has to examine the false values at the root of the anger? And do we not also have to guard against the easy rationalization that the corrupt culture that identifies manhood with sexing is too powerful to resist?

Answer
Hello Bruce,

Trust you are doing fine. Coming to the topic on hand,

A 'Brahmachari' is a man whose chief aim is to ascend the ladder of eternal bliss and divinity by unveiling the layers of ignorance which have wrapped themselves around the soul and blocked its limitless light, energy, bliss, power and divi

nity. Just as a piece of gold covered with grit and grime regains all its innate splendor when cleansed and polished, the light of the soul when uncovered and let to shine through brightens the life of the darkest of beings and enables them to experience unexplainable bliss (Bliss or 'Ananda' is unipolar - It has no opposite unlike the bipolar happiness which is limited by the opposite sadness/ pain)

Let's try and illustrate the answer to your question taking reference of the following condition:

At a particular place, there is a dark, dank, cold and filthy room (Ignorance and delusion) and many males and females are locked in this little room since birth. They know nothing of the outer world beyond the room's walls and look up to the torch lights they have in their hands as a source of heat and light. Many a time they look at this light and marvel at it. Sometimes they swish their hands in the small volume of polluted air within this chamber and exclaim how large the room is and how much space they have, for that is all they have ever known since birth. They erroneously assume the light emanating from the battery powered torches to be the best source of heat, light and brightness in their existence for they know not of anything more than darkness and delusion. And one fine day, these torches will run out of power due to constant use (the sensual man finally loses all, wasting his vitality) and one by one each sinks deeper into darkness, disease and illness and finally dies a miserable death never knowing the freshness of breeze blowing across a meadow, the beauty, splendor, grandeur, warmth and magnificence of the splendid light giver the Sun (soul) whose batteries are inexhaustible and whose effulgence can never be compared with anything else.

The celibate who is also in this room is however on a scientific mission to break out of this room within which he finds himself imprisoned. He has been informed about the warm, bright rays of an entity called the 'Sun' (the soul) which no heating seating system can ever match, which no log fire can ever compete with. He still doesn't have first hand experience of how exactly this 'Sun' appears or the warmth and heat he gives out. He doesn't yet know the expanse, virtual infinity, space and fresh air in the so called 'outside' world that he has been told about. He knows not what it is to see the Sun in all splendor lighting the entire world and making life possible on this planet Earth by being the source of all heat, light, energy and growth. But he has only been told that he should ignore and be indifferent to the activities and tendencies of the other male and female occupants in the room who constantly hanker after petty pleasures involving each other and start to quarrel and fight once these impermanent pleasures come to an end only seeking more. He has also been asked not to mix with them, lest he too gets mired in their nature of thought and action.

At the start of celibacy, he slowly starts to feel around the room trying to figure out its layout. He starts to realize its limited dimensions and boundaries (which the others have no clue about). After a few months of celibacy he comes across something called as a 'door' in one corner of the room which is hinged at one end and locked at the other. Further to a year of celibacy, he musters up the courage and might to start kicking and banging at the door. But task is anything but easy. The door is very thick and sturdy, besides he is constantly distracted and plagued by the activities of his roommates who are constantly engrossed with each other in their delirium. Sometimes he feels like giving up and re-uniting with his counterparts. Sometimes they call him, pull him and try to trick him back into their state of stupor. If he gives in and rejoins them, all is lost and he will get back to his earlier state of degeneration. The thought of a limitless outside world, the fresh breeze and the 'Sun' have set his mind running with curiosity, eagerness and zest. He doesn't yet know what all these things mean for he hasn't had first hand experience, but he feels the stirring of an innate urge to find out all about its beauty and get out of the present hellhole.

Further to a year of constant efforts at alienating himself from his roommates (celibacy) and their antics, he finds within himself a power which he didn't poss ess earlier. Now his kicks and bangs targeting the thick door (delusion) are str onger and something marvelous has started to happen! When he kicks very hard and the door yields at bit at the locked end, he sometimes sees a thin, bright sliv er of light!!! It is something he has never experienced in his life filled in th e dark dungeon. The sheer brightness, power and warmth of the trickling sunlight make him awestruck and mesmerized. Mind you, this light is visible only to him and not to the others deep in their stupor, unaware of their surroundings. He no w starts to persevere in his goal with a never before energy and enthusiasm. He finds himself less tempted by the doings of his roommates and more intent at bre aking free.....He is now fully awake and has just one goal, to set himself free and experience the infinite bliss outside!!!

Coming back to the question on hand, the 'Alpha males' or players are the roomma tes active in their delirious deeds totally 'asleep' to reality. The celibate ha s woken up and is on the path to set himself free. Need we say more? The apparen t pleasures derived from sensuality are like the heat and light produced by the torches. They will all fizzle out one fine day. Once man feels the warmth and lu ster of Sunlight (soul bliss), who would ever want to go back to the filthy dung eon (sensual pleasures)? Which man who has felt the warmth and power of Sunlight would settle for torchlight?!!! But till one is entirely free from confinement of the senses, the effort has to be tremendous and persistent. Any dearth of eff ort will tempt man back toward his unfortunate roommates and their delusions! Ju st as a bird long caged hesitates to fly out when set free, man at the initial s tages of a life of virtue wonders if such a life is worth the effort, for he has long known nothing else but the dreary dungeon called sensuality and has associ ated it with life and happiness.

Desire unfulfilled leads to anger. Anger leads to more desire as a form of solac e and finally when both of these have burnt man, a new foe called 'envy' takes b irth when man comes across others having what he doesn't and cherishes to have. As soon as envy is born, it brings along its cousins desire and anger back into the tally. It is a vicious cycle very, very hard to negate. If there is one way to succeed, it is through celibacy. Control over one's sexuality empowers man to control all other troublesome domains. He who can control the sexual urge and t ransmute it into constructive work and progress can achieve the impossible. Ther e is nothing in the world beyond the reach of such a man. He becomes the real su perman. But till 12 years of absolute celibacy are achieved one has to be extrem ely vigilant against downfall.

So yes, one has to always keep oneself apart from the erroneous concept that sex ing is 'manly'. By indulging in a life of sex for pleasure, man actually loses h is manliness! Let our 'Alpha male' brothers try indulging in a 2 hour workout at the gym further to a bout of sex, the results would be there for all to see and they would be anything from 'manly'!

Why do we see sensuality and dollops of sexuality in every advertisement and in the media right from the ads of an Educational University showing a female stude nt clad in suggesting attire? Because 'Sex sells', nothing more, nothing less. B y using an object of sensuality, the advertiser is able to guarantee attention t o the product. Ensuring such material in an ad is guaranteed to draw attention e ven from non-university aspirants! By focusing on sensuality, the very essence o f the product is infact lost. It s the oldest trick of the conman. The people behi nd it want to make money by hook or crook and care a tuppence for the welfare of the masses. It is another thing how this pollutes and corrupts the impressionab le minds of young people eager to experience life. It sends out a strong wrong s ignal that anything associated with sex is cool and that the opposite is dated. Wh ile the few smart ones try and think this out, the majority falls for the bait a nd gets 'hooked'.

What does the thief do when he wants to rob a house guarded by a magnificent mal e dog? He takes a female dog along and all the greatness, power and watchfulness of the male dog derived by years of strenuous training go up into thin air, suc h a shame. At least the dog can be discounted as an animal without a high level of discrimination, but we humans are blessed with a high IQ, an awareness of rig ht, wrong and discrimination. Not utilizing these amounts to the greatest injust ice done to ourselves.

May the blessed god give the strength, wisdom and knowledge to all to keep sensu ality at bay.

Trust this helps, keep the efforts at celibacy going
God bless and have a nice day :-)
Dhananjay

Question
Thank you, sir, and a compliment is in order. You either are a student of Plato and his allegory of the cave or perhaps a reincarnation of Socrates. You write s o elegantly about these delicate matters and have the heart of a lion to go agai nst the corrupt culture we live in.

Answer
Hello Bruce,

Much honored to receive the compliments and to be of small service. While the go od wishes have certainly fueled more inspiration and zest towards my efforts, I consider myself nothing more than a striving student of celibacy, trying to be e ver vigilant against the onslaught of the senses and as prone to danger as anyon e else out there.

But yes, being of some help to interested people like you certainly makes one fe el happier at the end of the day.

May god bless you with progress in Brahmacharya and help you attain true knowle dge of the self.

Dhananjay

Question
Hi Dhananjay,

I recently read your answer regarding astral tubes, and felt
very inspired. I had a related question:

Do online relationships via chats and phone create astral
tubes which can make a man suffer emotionally if the other
partner does not respond favorably? What if a man
fantasizes about the other partner via masturbation to avoid
the emotional pain? Does this also create a huge karmic
burden for the man and disturb him mentally? I am trying to
recover from a similar situation. I am trying to be celibate
but am not able to forget about her and end up masturbating
while fantasizing about her. Please help me.

Thanks a lot for your guidance.

Answer
Hello there,

Hope your are keeping well. Coming to the query,

Q: What is the effect of relationships with the opposite sex through the medium of internet or phone indulged in with a desirous attitude and the effect of mast urbation?
A: An unmarried man wishing happiness, progress and development would do well in letting feelings of desire develop towards a member of the opposite sex under p urview of the following conditions:

1. He is an eligible bachelor, socio-economically stable, looking at entering th e institution of marriage.
2. He finds the lady a suitable candidate to become his life partner in all resp ects at the social, economic, religious, familial and personal levels and the la dy concerned also has similar feelings.
3. Both have an honorable and genuine intention of leading a legally wedded marr ied life with each other in a responsible and respectable manner.

If all these above conditions exist in trueness, the man and woman after agreein g to lead a married life based on the foundations of true love, trust, loyalty, understanding and consideration in sharing the joys and sorrows of life and prom ising to stay by one another through the ups and downs of life can talk to their parents/guardians and get prepared to take the step of entering into holy matri mony at the earliest. Mark the word earliest. It is unrecommended to maintain co ntact over a long period of time. Until their relationship is cemented by holy m atrimony, they would do well to refrain from any form of verbal/physical/sexual overture amongst themselves that might corrupt the relationship and limit their interactions to the minimum.

If either the man or the woman finds one or any of the above mentioned pre-requi sites absent, then the purpose becomes null and void and both loose the right to look at each other from the perspective of a future life partner. Under such co nditions, the man should stay clear of the lady, giving up any form of constant contact or rapport (such as meeting in person, the internet, phone, letters etc. ..) that could fuel a corrupted relationship

The purpose behind the above rule is to ensure he prevents the development of fu rther 'Karmic interactions' with the lady through his actions at the physical, m ental, emotional and psychic levels. If the man and lady continue to maintain su ch contact, it will invariably flower into more lust/desire and finally lead to physical intimacy from where downfall accelerates. This point is very important and to be borne in mind all the time to ensure one stays clear of 'Karmic entang lements'. These entanglements not only grow from physical deeds but also from th oughts, words, emotions and the intensity of energy directed and received toward s and from the other person.

All such interactions with the opposite sex if indulged in outside the purview o f marriage will lead to downfall of both the man and the woman concerned sooner or later at the physical, mental, psychic, emotional and karmic levels for sure.

* The thought or look at the picture of a woman will induce desire.
* This desire will induce man to approach/talk to her.
* Familiarity with the woman will result in 'keertan' or praising her qualities with friends.
* Constant thought and contemplation on the woman leads to 'Guhya bhaashan' or talking in secret with the woman on a one to one basis.
* The act of conversing will induce 'sparshan' or touch.
* The touch generated will lead to 'keli' or amorous sport.
* Indulgence in amorous play will lead to 'Adhyaavasaaya' or a strong desire for sexual enjoyment.
* This desire will lead to 'Kriya nivritti' or sexual intercourse.

– Section CCXIV, The MAHABHARATA, Shanti Parva, as told by Bhishma to King Yudhi shtira.

These are called as the eight breaks in Brahmacharya. There is not a single soul on earth who is beyond the chronology of the above eight events from unfolding through contact with the opposite gender, except one who has realized the self. Each and every single being is prone to downfall if he indulges in any of the ab ove starting with the desirous thought of a woman. For this reason, a man wishin g to uplift himself and stay clear of downfall, sorrow and achieve progress in l ife should strictly avoid all the above eight breaks in Brahmacharya starting fr om looking at a woman with desire.

The very act of concentrated thinking upon a member of the opposite sex with des ire outside marriage creates 'cosmic vibrations' which reach the other person in directly. Such an act is unlawful and wrong and creates negative cosmic vibratio ns at the astral plane and around mans soul. Man loses much energy and finally h is vital essence further to such contemplation. These negative vibrations which linger in the cosmos, interfere and inhibit with the free flow of universal cons ciousness which is the chief ingredient for success, peace of mind, energy, pros perity, future well being and what we term 'good luck' on the earthly plane and beyond. With masturbation, man indulges in the act of wasting the divine and mo st powerful form of life/god energy into nothing. Every indulgence in activity t hat leads to fantasizing on the opposite sex will end with loss of semen and fru stration. Also with every such act, man develops a strong 'negative karmic quoti ent' due to misuse and gross wastage of the divine reproductive element which in actuality is the manifestation of the 'Atman' or soul.

The man or woman who fool themselves thinking they can get away with merely look ing/talking or spending time with the opposite sex will without doubt fall into the clutches of sexual gratification ultimately. Failure to get sexual gratifica tion will lead to frustration, perversion, masturbation and other acts which fur ther lead to destruction of one's life energy, vitality and progress. To sum up, man creates enormous amounts of negative karma, around his soul. Any of the act s mentioned above, immaterial of whether they lead to unlawful sexual intercours e or not, drain man of his vitality, energy, greatness and true potential. One h as to spend a large duration of one's life span to undo the negative karma accru ed further to acts involving the above.

We can learn from the unfortunate examples of two men who were known for greatne ss in their respective fields but whose lustful ways brought destruction at all fronts:

I. A former president of the United States of America who was known for his poli tical acumen, statesmanship, affability and charm finally got pushed to stooping down to the level of cheating on his wife, family and entire country due to a l ife of promiscuity. The lies that were resorted to hide his adulterous life were publicly telecast on international television causing him great dishonor, insul t and injury. His success, name, fame and reputation to the level of presidency that was earned through decades of hard work, effort and patience were eroded du e to an adulterous life carried out for momentary pleasure. And today, people re member him more for his scandalous affair with a white house intern of little wo rth and less for a glorious eight year long presidency of the USA. Such shame an d misfortune, thanks to straying from the path of virtue.

II. An international golfing legend known for his rare talent, ability and prowe ss in the filed of golf lost all further to a series of affairs and illicit enco unters with women. All the name, fame, wealth and recognition he had earned by d ecades of striving for excellence through rigorous practice went down the drain for momentary pleasure. At the end of it, he even lost the trust of his wife and

family and tarnished his image and reputation with a serious blot of infamy in his admirable biography. Overnight, he got transferred from being one of the country s Mot admired athletes to Top 5 most hated sports athletes . Today, people talk more about his series of affairs with unknown women than his splendid achievements on the golf course.

These are only two examples. We can retrieve thousands more if we delve into the depths of history. But two should do to remind us to stay away from the path of sex outside marriage, recreational sex and its aftermaths.

A life of celibacy in thought, word and deed means one should prevent any and all of the eight breaks in celibacy. Interacting with women personally or on the internet, phone or through social networking sites with a vested interest will always lead one to slip lower and lower and finally fall. It takes a few months of absolute celibacy to make man start realizing what he was missing out on and how devoid of substance his former objective was. Absolute shunning of anything and everything which leads to the eight breaks of Brahmacharya is to be carried out if one wishes to take life beyond sorrow.

At a personal level and on a well wishing note, I will suggest you a single formula to make life glorious:-

Stay away from all forms of interactions fueled by desire towards the opposite sex; for all these actions however subtle and harmless, give birth to lust and lead one to the next stage of slippage, fall and ultimately destruction. View members of the opposite sex through a sisterly or motherly perspective and keep interactions to the minimum".

This might sound Herculean to many; but then the achievement of anything great comes further to great effort and great sacrifices and the end result would be very, very cherishable and on a permanent scale.

God bless and have a nice day :-)
Dhananjay

Question
hello Dhananjay,

How's life?

First of all thanks for your support by strengthening us regarding brahmacharya/ celibacy.

You know, after researching, personal experiences, and encountering many publications through books and internet, i was a little confused now about this subject known as 'sexuality'..

Sometimes i can't figure who's telling the truth or this guy or that guy is writing false idealogy by making it appear truthful..

Since i consider myself as a man with a low disciminative intelligence(viveka),that seems cannot distinguish if i am getting the right information, i would like to ask your kind help about this internet site that tuckles about brahmacharya. .

What can you say about 'www.aypsite.org'?

I am asking you this cause i believe someone with a chaste mind can really distinguish or have a keen observations about which is right or wrong especially if it has been coupled with meditation.The site that i have mentioned had motivate m

e to meditate regularly. But, everytime i read the tantra lesson, im getting con fused.

with my folded hand in prayer here, i wish to read from you again.

To Ian abrams also, can you please enlighten us..

Answer
Hello Kane,

Hope you are keeping well. Coming to the answers,

Since I am not aware of the credence, integrity and depth of real knowledge of t he person/people who run the site you have mentioned, I will not be in a positio n to comment on their approach to Yoga.

However, with the well wishing intention of guiding and being of help to you, I shall briefly deal with the approach to Yoga through regular and tantric practic es with a general perspective.

There are two paths to attain Yoga. The right hand path and the left hand path.

The right hand path makes use of the principle of renunciation to help the Yogi overcome the desires and bonds that have kept him anchored to the impermanent ex ternal world and its apparent modifications. The first step in the right hand pa th is to make the Yogi realize the sugar-coated poison like nature of pleasures derived from the five senses of reception and the five senses of action. Once th e Yogi gets an idea of this truth, the right hand path concentrates on the next objective of helping him become independent of his dependence/slavery to these s ense experiences. On attaining to these two objectives, there is still another l ast and final attainment pending. And that is the extermination of past negative /unwanted 'Vaasanas' or tendencies that have been stored in the 'Kaarana sharira ' or the causal body due to past actions or karma. Upon successfully completing all these three tasks to finality, the Purusha or the soul succeeds in the disso lution of the cocoons of 'Avidya' or ignorance around itself and shines in its f ull splendor. The state of self-realization is then said to have been irreversib ly achieved.

The second path of Yoga is the left hand path or the 'Vaama Marga'. As the name suggests, it is the alternate and less traveled, more dangerous risky path. The left hand path consists of Tantric practices and rites (which may include the us e of sex, liquor and such other intoxicants) as the means to achieve the final r ealization of one's unity with the creator. It is a path filled with risk, dange r and extreme peril. On the one hand, the aspirant is trying to free himself fro m the clutches of lust, passion and related attachments. On the other hand he is using forms of these very same evils in an altered approach to weed them out. T he task of establishing oneself in the reality that sense pleasure are impermane nt and not really pleasures is itself no mean task. It calls for great efforts a nd an understanding which can only stem gradually from realization of life exper iences for what they are. If one were to approach this tough task using these ve ry same evils as weapons, one can imagine how hard, difficult and dangerous the means become. It is like the case of an ill man who says - " I shall spend more time in the company of disease and ill health and finally come up with a way to ward off my disease". It is like a beginner trying to establish Brahmacharya in the company of a woman of questionable repute with the perspective - " I shall s pend a few years with her and enlighten myself on the fallacy of sex, lust, pass ion and disease and thus become pure and godly". This is a path wholly unsuitabl e to society in general. It is a path in which ninety nine out of a hundred will fail and get thrown back into the depths of misery and suffering. It is a path that requires a Guru who has himself achieved self-realization through such very

means and has the mind to assiduously help the disciple on a one on one basis t
o achieve the final state.

Keeping all these facts in mind, it is best to stay clear of any form of Yogic p
ractice that even fringes close to the left hand path by advocating the partial/
full use of sex or related sense temptations even in 'moderation' and to be rive
ted to the path of complete purity, renunciation and self discipline.

The safest, fastest and most efficient path that would apply to most classes/men
talities and calibers of people is following the path of absolute purity, renunc
iation and devotion to God with constant efforts at complete renunciation of all
forms of sense pleasures (especially the sex pleasure) following which progress
becomes natural and concrete.

Trust I have managed to throw light on the doubts that were plaguing your mind.

God bless and have a nice day :-)
Dhananjay

Question
Hello, Would you please recommend me some books on celibacy.thanks

Answer
Hello Imran :-)

Good to see your interest regarding celibacy.

Below are some of the links you can follow for downloadable online versions:

1. 'Practice of Brahmacharya' - By H.H Swami Sivananda
http://www.dlshq.org/download/brahma_nopic.htm

2. 'The secret of eternal youth' - By Shri Asramji Bapu
http://www.scribd.com/doc/8432000/Asaram-Bapu-The-Secret-of-Eternal-Youth

3. 'Mahatma Gandhi on Brahmacharya' From his biography 'My experiments with trut
h'
http://www.rkvenkat.org/srvsi.pdf

4. 'Greatly inspiring quotes on Brahmacharya'
http://gopal4mission.wordpress.com/2009/04/04/greatly-inspiring-brahmacharya-quo
...

These should help you with good study material on the subject.
Wishing you success in the path of celibacy

God bless and have a nice day :-)
Dhananjay

Question
Dear Sir, I'm Vijay. I'm practicing brahmacharya for just over 28 days. I go mor
ning jogging and pray God. Whenever sexual thought arises I indulge in household
activities, chant god's name and go to temple. I'm not practicing pranayama. I'
m not comfortable with it. My question is "Is it necessary to practice pranayama
for sublimation of sex?"

Answer
Hello Vijay,

Good to know of your interest as regards Brahmacharya. Keep the efforts going. C

oming to your query,

Q: Is 'Praanayaama' or control of 'Praana' a pre-requisite for success in celiba cy?
A: 'Praana' refers to the net sum of all vital, life energy within. The word 'Pr aana' is a general term used to collectively denote the five different life sust aining winds within the body namely:

1. Praana: Aids respiration so as to purify blood in the lungs.
2. Apaana: The downward wind which aids in elimination of waste matter, urine an d semen for reproduction.
3. Vyaana: The wind responsible for circulation of blood to all parts.
4. Samaana: The wind responsible for effective digestion of food.
5. Udaana: Takes the 'Jivaatma' to the Brahman during sound sleep and separates the astral body from the physical body at death.

Each of these individual winds have a distinct and unique function in regulating life energy within the body and in maintaining the normal functions in the syst em responsible for sustainment of life.

Praanayaama' (A Sanskrit compound word: Praanasya Aayaamaha - Meaning control of the Praana) is hence nothing but an activity that helps in the control of 'Praa na' or life force through breathing techniques.

Why should one learn to control one's Praana? What does one achieve by doing so?

The external manifestation of 'Praana' or vital force is breath. The body replen ishes lost Praana through intake of air via breath. By controlling gross breath, one can control the subtle Praana within. By controlling the subtle Praana with in, one can control the mind. By controlling the mind one develops the ability t o conserve/transmute his semen or the vital essence and thereby becomes peaceful , contented and all powerful.

The control over one's Praana thus enables a person to regulate and bring under control all his life activities. It might be compared to how a horseman makes th e horse listen to his commands through reins. Just as the reins transmit his int ention to the horse, and the horse correspondingly reacts, one can control the m ind and thereby the body through control of Praana via breath. The breath-praana -mind and semen are all connected to each other intricately. Complete control of any one of the four automatically helps control the other three. It is difficul t and not very effective to directly control one's mind or semen. The mind may b e compared to an intoxicated monkey which is very hard to tame and restrict. Tho usands of unconnected thoughts arise within the mind in a few seconds. Based on what the mind wants, the organs of action and the body follow. So what's the way to control the mind? Find out what gives the mind the energy to exist and bloss om. This energy, the mind is deriving from 'Praana' or vital energy and vital en ergy is fueled by breath. If one can develop control over breath, one can easily control the mind and thereby the body. Note how breathing becomes erratic and u ncontrolled in gasps when a person is under the effect of anger, lust or excitem ent. He has no control over his breathing and hence no control over the mind at that instant. Conversely, breathing becomes uniform and rhythmic when we are cal m, peaceful and contented. This clearly shows that by control of breath, one can control the mind and the body.

Exercise, sports and all other forms of regular physical activity also impart co ntrol of Praana in their own way as our breathing patterns change while performi ng these activities. To that extent, transmutation of vital essence occurs, ther eby keeping the mind free from negative thoughts. However, the breathing pattern s that occur during exercise, sports or sprinting have their limitations as rega rds to aiding the complete control of mind, for they are in actuality reactions

of the body to the state of physical duress it finds itself in. If man can indul ge in specific breathing techniques fully aimed at control of the mind, his succ ess in celibacy will be more pronounced and notable. Hence it is advisable to gr adually learn the correct method of breathing through Praanayaama that will aid in better control of the mind and thereby help one succeed in thorough Brahmacha rya.

Jogging, sprinting and all other exercises that are carried out regularly contri bute to maintaining the state of Brahmacharya; for these activities help transmu te that part of semen which is required to revitalize the physical body. If one keeps one's mind free from impure thoughts and subjects oneself to regular exerc ise, mental work and spiritual activity (God meditation) success in Brahmacharya is rest assured. Praanayaama is the direct and shortcut method to develop mind and body control to a high degree.

God bless and have a nice day :-)
Dhananjay

Question
Hi, I want to become a very high level brahmachari. So far I have not had a slip for more than one and a half years. I was wondering how advanced does one have to be in order to stop having erections in dreams and the waking state, as tempt ations to masturbate can follow following an erotic dream. Also I heard that Yam araj is afraid of the perfect urdhavereta- I was wondering how many lifetimes th is takes, can the 12 years be accomplished in one lifetime?

Answer
Hello there,

Good to know of your efforts at celibacy. Coming to your queries,

Q: How advanced does one have to be to be free from sexual arousal in the dream state? Also how long does it take to reach the state of a perfect Urdhvaretha an d what is the standing of such a man of virtue in the cosmic cycle?
A: The events that unfold in a dream are due to existing desires in the sub-cons cious mind. Hence dreams are nothing but the depiction of latent desires and urg es in the deeper sub-conscious. Since the power of the intellect and discriminat ion are minimal in the dream state, the mind is unleashed and unbound to functio n as it pleases. Erections that occur in dreams accompanied by erotic thoughts a re due to sexual arousal fueled by latent sexual desires, urges and tendencies p resent within oneself. The very same tendencies that are indulged in or with hel d while awake manifest in these erotic dreams. As and when the mind starts becom ing more and more free of these urges and tendencies in the awake state, sexual dreams also start reducing in frequency and finally disappear into nothing. True Brahmacharya in thought, word and deed with the grace of god will eventually an nul these dreams. The time taken is dependent on 2 important factors that determ ine freedom from these dreams/erections:

1. The ability and consistency in keeping the mind free from sexual thoughts, wo rds and deeds while in the awake state.
2. Actions undertaken to wash away the past 'vaasanas' or tendencies stored in t he 'Kaarana sharira' or the causal body. These can constitute cleansing and puri fication actions such as the 'Yama', 'Niyama', 'Praanayaama' of a life of Yoga.

Coming to your query 'Is Yamaraj the lord of death afraid of the perfect Urdhvar etha'? We first need to understand the concept of who 'Yamaraj' is. The term 'Ya maraj' refers to the title of an entity in the cosmic cycle who supervises and c arries out the job of releasing mortals from their earthly and bodily existence through physical death and evaluates the merits and demerits accrued by these so uls to determine their next existence. A perfect Urdhvareta is one who is non-se

men producing. Having established himself in his native state of soul bliss the Urdhvaretha rests on the absolute rock of the one and only reality – The Brahman . The complete annihilation of relating oneself with sexual stimuli also follows and it becomes clear that such an Urdhvaretha is none other than the self-realized soul, for unless man has realized the supreme, the tendency for response to sense stimuli cannot be fully negated. Keeping in mind the purity, divinity and oneness that such a soul has with the Almighty Lord – Brahman, it follows naturally that all other entities working below the Brahman in the cosmic cycle also pay their respects to the Urdhvaretha and treat him with a high level of felicitation.

How many years or lifetimes this takes will differ from individual to individual depending on the evolutionary level that the soul has already achieved, the urge within to progress further and the efforts taken to reach such a state. But with honest and true Brahmacharya in thought, word and deed one can be rest assured that progress will eventually come and enlightenment will follow. Our job as Brahmacharis is to plod consistently towards purifying ourselves at all levels and strive to realize our self, following which all merits will come and cling by themselves at the appropriate time.

God bless and have a nice day :-)
Dhananjay

Question
Hello there :)

I was reading earlier in your posts you said cold water has immense Pranic energy or natural cosmic energy filled by Mother Nature. When you heat water this gets destroyed.

My question is does this mean the water would have to be all the way on cold? to where I'm freezing? but don't get me wrong I just tried that today . I started off with a warm to hot shower for about 7 minutes and then changed it to completely cold and felt an exhilarating energy boost and an energy spark up my spine! & only had it on cold for a few seconds then quickly turned it off!. & I don't regret it either . I never felt better coming out of the shower in great mood like that after 5 seconds of a cold shower!.
I don't know what It is but am I suppose to start with a cold shower and end with cold or will a spark do?

p.s
Another thing I wanted to ask about that; should I wait until it's been at least a full month Unbroken Brahmacharya to take pure cold showers because you mentioned that ones body becomes more heated during the practice of Brahmacharya; & I kinda thought cold water would be nothing to my body by then!.

Thanks!

Answer
Hello Pikkon,

Good to know of your interest as regards Brahmacharya. Coming to the queries,

Q1: What is the significance of a cold water bath to the Brahmachari?
A: As mentioned in earlier posts, water in its default form available in nature has abundant 'Prana' or life energy derived from the universal energy in the cosmos. Heating water destroys this energy. The amount of energy lost from water depends on the temperature to which it is heated. The higher the temperature of water, the greater is the loss of Prana. The use of this energy for one's benefit is a technique that the Brahmachari can employ to increase the level of 'Prana'

(life force) within his body and thereby aid Brahmacharya. Practice of Brahmacharya by way of transmutation of semen into higher forms of energy makes the level of Prana within one's body gradually increase. However, it is to be noted that sublimation and transmutation of the vital essence via meditation is also accompanied by an increase in body heat.

The following are the primal benefits that can be derived through cold water baths (unheated water):
1. Cools the body by annulling the heat generated from within due to continuous sublimation further to long hours of meditation.

2. Neutralizes the 'heat' produced by sexual undercurrents. Excess sexual energy that is left over even after transmutation, especially when one is a beginner and is still learning the process of sublimation can be negated and stilled to a large extent by a cold water shower or bath.

3. Infuses the body with 'fresh' prana (life energy) from the cosmos. The pranic energy available in the cosmos is extremely potent and powerful. It has the power of energizing and mobilizing a person from tiredness and exhaustion.

4. Soothes the nervous system and helps one get out of slumber, sleep, stupor and related states of inertia which if left unattended can trigger lust and passion.

Keeping these reasons in mind, cold water baths are of high value to the celibate. A hip bath (In a tub of cold water up to the waist) is very useful in cooling the reproductive organs and warding off sexual arousal when troubled by lust.

Q2: What should be the temperature of 'cold' bath water?
A: It is recommended to avoid 'extremely cold' or freezing water and limit one's exposure to moderately cold water or water at room temperature. The act of bathing in cold water must be an enjoyable, refreshing and energizing experience and not a 'shocking and chilling experience! Extremely cold or freezing water can have a negative effect on the nerves and skin and cause undesirable effects. Moderation is the key here and extremes are to be avoided. An effective yardstick as regards temperature would be to use water that is hovering around the room temperature or a few degrees lower and not more.

Cold showers can be taken right from the start of Brahmacharya. It takes a few days to get used to cold water as a bathing medium, following which the activity becomes enjoyable and refreshing. It is inadvisable to bathe in cold water when one has a fever or some other illness.

God bless and have a nice day :-)
Dhananjay

Question
Dear Sir,

I started practicing Brahmacharya for 1 and half months very strictly and I even felt my mind & body was improving very much than I expected but suddenly I got lustful thought and got into it. I touched myself and lost the fluid 3-4 times in 2 weeks. After that my mind is very irritated and feeling nervous some times. I do not want to go back to the old habits but my ultimate aim is self realisation. Please let me know how I can again go back to my brahmacharya practice? Is there any time duration (days/weeks) before I can start my Spiritual practice again? Please suggest me mantra for Brahmacharya also.

Thank you
Murthy

Answer
Hello Murthy,

Hope this finds you fine. Good to know of your interest in the practice of spiri tual continence. Coming to the answers,

Breaks in the path of Brahmacharya at the start occur due to one's long associat ion with recreational sexuality that has made the sexual 'vaasana' or tendency v ery strong and deep rooted. Hence it takes considerable time and effort along wi th God's grace for one to get established in the uninterrupted practice of Brahm acharya. There is no time interval or period required in between a break and re- start of practice. In fact one's attempts and efforts at continuing celibacy aft er any slip/break must be immediate and without delay to ensure smooth flow of e fforts and success.

Since the approach and methods an aspirant can adopt to achieve unbroken celibac y have already been discussed in previous 'past answers' on this portal, I will kindly request you to peruse and go through all the past answers with an eagle e ye and get clear about the subject.

The best and most effective 'mantra' or divine syllable to achieve success is to constantly chant "Om Namo Naarayanaaya" - which means "Salutations to Lord Naar ayana, The Supreme being who resides in the heart of all mankind". Constant repe tition of the Lord's name with reverence, devotion, love and with a request to f ree us from the grip of ignorance and establish our self in the domain of true k nowledge will bear fruits and give success. You can chant the Lord's name and me ditate regularly to help achieve growth in the path of Brahmacharya.

May you achieve success as a Brahmachari and gain knowledge of the self.

God bless and have a nice day :-)
Dhananjay

Question
Hi Dhananjay,

I am now on my 10th day of practicing Brahmacharya;
& I was wondering because it's been only
10 days; is the conserved energy inside me
sleeping but growing until its reached a month or longer?
or can I awaken some of the energy conserved by 10 days of Brahmacharya by doing something active or how does that work?
but I do feel less tired & more alive since I started this practice .

Answer
Hello Mike,

Keep the efforts at celibacy going. Coming to the answers,

It takes a few months to a year of unbroken Brahmacharya for semen to start gett ing re-absorbed. The first few months do not consist of re-absorption but only n on-production of semen further to the body being relieved of its duty of forming semen. Since the aspirant shuns a life of wastage, the body does not have to co nstantly produce semen as it used to earlier before the onset of celibacy. The r elief experienced by the body from being rested of the job of producing semen re sults in higher energy, strength and vitality. The semen conserved during this i nitial period goes towards the restoration and revitalization of all the organs in the body and results in improved immunity, heath and vigor.

It is very important to practice Brahmacharya in thought, word and deed keeping the mind free of impure thoughts and effect the process of sublimation through r egular physical, intellectual activity and God-meditation if Brahmacharya is to be continued in totality.

This is the difference between the ordinary unmarried celibate and a Brahmachari . While the unmarried man may masturbate or loose his seed through constant wet dreams, the Brahmachari sublimates and transmutes his vital essence into somethi ng more powerful and worthy.

Brahmacharya is not suppression or repression of sexual energy but transmutation . A man who merely suppresses and contains the sex desire within causes serious imbalance and danger to his body, mind and psyche and may soon be afflicted with dangerous diseases. The Brahmachari on the other hand keeps his mind pure, bypa sses the concept of sexuality and gradually gets free of the 'apparent' and 'fal se' need called as the 'sex need' conditioned into the mind through years and pa st lives of recreational sexuality.

Keep your mind occupied with constructive activity, shun impure thoughts, indulg e regularly in a sport/physical exercise and set aside some time of the day to i ndulge in God-meditation. This will make Brahmacharya effective and you will rea p benefits with time.

Kindly go through all the past answers on this portal to widen your understandin g.

God bless and have a nice day :-)
Dhananjay

Question
Hello Dhananjay,

Thank you for your response to my message about Brahmacharya
in Islam. I was happy reading it. Your selfless contribution
in imparting your knowledge here is very compassionate.
Thank you. thank you.

Sir, Can you share with us how does this so-called 'one-time
try only' child conception achieved?

I have learned from others that after been celibate for a
long time, baby conception can easily be achieved by just
one-time trying, anytime outside the menstrual period of a
woman/wife. No need to calculate when she will ovulate
whatsoever,like those been published in the readings by
western medical experts. As they say, nature will take the
rest to achieve this. All the 'true brahmachari' do is just
to ejaculate once to attain it.

Is this true? I would be really happy knowing your views
yogically.

Assalamu Alaykum

Answer
Hello there,

Hope you are doing good. Coming to your query,

Q: What is the basis on which a celibate can successfully try for a wanted child

from his legally wedded wife?
A: Nature has formulated the sexual act with only one purpose - 'Procreation'. I n a true celibate leading a virtuous life, the power at his disposal to bring fo rth healthy, talented and virtuous offspring is very strong. Further to long per iods of celibacy, the best of the sperm get conserved and reabsorbed leading to superb overall health of the body and that of the sexual organs. The sperm motil ity, density and concentration become enhanced to their maximum extent. Under su ch circumstances a celibate needs to indulge in the act of copulation only once with his wife (during her fertile period which a doctor can clearly pin-point) t o result in conception. If god wills for the couple to have an offspring, this s ingle act of copulation will result in conception. The celibate is required to l eave the house further to the act and stay away from his wife for a period of tw o days as the emotional states of the man and the lady would be volatile further to the act.

It is said that a great soul descends into the womb of a lady who is into a virt uous mode of celibate life along with her husband. Who can ever quantify the mer its and benefits of celibacy? They are beyond words and expression! Let us all p ray to the Blessed lord to give us strength and ability to succeed in life long celibacy.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
hello,

Thank you for your answers here. It's great.
Can you relate to us 'How does brahmacharya practiced in Islam'.

Though we have different system of belief, it has been for many years till then that i realized the benefits of brahmacharya- which i simply term it as 'chastit y'. Yes, i cannot deny the immense energy derived from it ones it is practiced w ith devotion. It really enhance the practice of meditation for us, it is Salah.

Yet, just wanna tell you that i'm a little cautious about extending it beyond li mit. In the Qur'an, in addition of not having sex during menstruation, during da ytime of fasting, and during 70 days of Hajj, in Surah Baqarah verse 226 if i'm not mistaken, it is said that it is not allowed to take an oath of not having se x with ones legally wife beyond 4 months. On the otherhand, masturbation is hara am (means forbidden) from puberty upto marriage (that is, from 14 years old u pto 25. Meaning more or less 13 years).

Because of this, seems like, i'm in the state of doubt or 50-50, weather to purs ue it like upto years. I say this because, i usually break it intentionally ever y after 4 months fearing that i'll commit a serious mistake against the 'divine law'. Not that, i cannot resist the urge because i now find it easy to do it. It is just a matter of following the guidelines of brahmacharya like what you have outline here.

Can you please enlighten my humble inquiry about this sir Dhananjay.

Maybe you already have a glimpse of an inquiry like mine here. I say this becaus e maybe I haven t yet encounter a Qur anic verses about it. Also, maybe there were w ords of wisdom from Muslim saints about this that I didn t yet encounter.

My sentiments here put me into tears due to your answers. I can feel your honest y. I really do.

Wishing you a good day and happiness..

Answer
Hello K,

Delighted to know of your interest in Brahmacharya, Thank you for the questions let me try and answer:

Q: What is the importance of Brahmacharya in Islam and for what periods of time can it be practiced?
A: While I'm not an authority on Islam, I shall answer this question based on th e Universal concept of Brahmacharya, cutting across religion, caste, creed and g eography.

Brahmacharya is defined as Abandonment of and freedom from sexual enjoyment for e ver in thought, word and deed at all places and times". The aim of indulging in this train of thought and action is to free ourselves from the grip of ignorance , delusion and evil and unite ourselves with the supreme creator, thereby attain ing infinite bliss and meeting the purpose of the human life.

There is a saying in the Hindu scriptures "Tad ekam sat, vipraha bahudha vadanth i" - He alone is real, He is only one - The sages call him by various names. It means the supreme creator is only one; religions are only different roads to rea ch him. All religions are true and real. All religions when practiced right lead one to the supreme creator. Mohammed the prophet called him as 'Allah', Hindu s ages call the blessed lord as 'Brahman', Jesus the sage called him as 'Christ'. All these great sages were beyond petty concepts such as hate, greed, fanaticism and ignorance. They preached a religion with the sole aim of liberating mankind from suffering and uniting it with the blessed lord. Any man who is true to him self becomes saintly immaterial of his religion.

Brahmacharya is the direct road to lead one closer to him -'God'. What is it tha t keeps us in the midst of pain and suffering and away from him? It is the resul t of our past sin and ignorance that has wound itself in layers around our 'self '. If man wishes to unwind himself from this sin he cannot achieve it without th e practice of celibacy in thought, word and deed. By the honest and true practic e of celibacy for even a few months anyone can personally observe that the inher ent nobility, kindness, love, affection, strength, peace of mind and sheer bliss present within starts to surface. In other words man starts to unwind himself f rom the grip of pain and starts moving towards the domain of supreme bliss. He s tarts his journey towards perfection and eternal divinity.

In the Qur'an it is said: - "Surely, men who submit themselves to God and women who submit themselves to Him, and believing men and believing women,and truthful men and truthful women, and steadfast men and steadfast women, and humble men a nd humble women, and men who give alms and women who give alms, and men who fast and women who fast, and men who guard their chastity and women who guard their chastity, and men who remember Allah much and women who remember Him Allah has p repared for all of them forgiveness and a great reward. (Al---Qur an, 33:36)

What does this signify? It directs man to surrender himself to the lord, be kind to fellow humans, follow the path of truth, indulge in austerities to cleanse o urselves and follow a life of celibacy to disentangle ourselves from the grip of evil.

Mohammed the prophet has clearly stated in the Qur'an that the aim of Islamic te achings is to help one progressively transcend from the natural state to the mor al state and from there on to the final and high spiritual state.

Allah further says:- " Follow not the footsteps of Satan" - (Al-Qur an,2:209)

Here the footsteps of Satan are all those activities and temptations that take one away from Allah or the supreme creator. When Satan or ignorance beckons us to follow him, it doesn't show us the ultimate destruction it is leading us to. Rather it makes us take one small step at a time which appears harmless. Once a few steps are taken on this slippery slope called evil, Satan's (Ignorance and delusion's) job is done and one is sure to slide helplessly to his doom. So it becomes very important never to even take the first step and keep oneself ever vigilant against lust.

It is further said:-
Indeed he truly prospers, who purifies himself" - (Al-Qur'an, 87-15)
Indulgence in the sexual act however less frequently keeps familiarity of the sex sensation as a source of delusive pleasure alive. As long as this familiarity is kept alive, the gates of purification cannot open.

The sexual act is legitimate for only one single purpose - 'Procreation'. The moment man indulges in this act for a purpose other than producing offspring; he is offering a seat to Satan or ignorance in his mind, body and psyche. The Holy Hindu sages have declared A man can visit his wife and have intercourse with her once per wanted child".

The concept of sex for pleasure in marriage is a trick resorted by those who have no other bond other than the bond of physical sex. This concept is not true love. True love is never selfish. True love doesn't require the gratification of carnal pleasure to support itself. Man and wife can enjoy true bliss and togetherness once they practice a few months of combined celibacy. They will then see the real benefits of chastity and the deep, true love that blossoms between them which was never there while being in a sexual relationship. It is hard at the start to go into such a life, but then nothing special comes without effort.

It is said that a man and wife who practice celibacy with purity incur the appreciation and blessings of Gods from above. No statement can be truer. Words fail to describe the bliss, positivity and strength gained by such a mode of life. I would request people to get a real taste of this concept by leading a life of celibacy for a few months and see how their life improves at the mental, physical, material and spiritual levels for themselves.

If you are practicing periods of celibacy lasting up to four months, it is a clear sign that God is already with you and has his hand upon you. Only a handful of people succeed in remaining celibate for such periods of time. I would request you to take your wife into confidence towards reaching longer periods of celibacy and finally becoming a celibate for life. One reaches great heights further to such a life at the physical, mental, moral and spiritual levels and loses nothing.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
Dear Dhananjay,
I'm a guy that plays sports(Basketball) and the weird thing
is, when I abstained from sex for 18 days, every time I woke
up in the morning to work out, I felt very light on my feet,
it was like my (light body) had increased and my focus was
on point, my whole body felt tightened and wholesome,very
fast and strong on the court than I ever was and even jumped
higher gracefully without no waste of energy, no fatigue, It
was almost like as if I was invincible and could do what
ever i wanted as a point guard. But when I got caught up in

sexual activities, I felt a huge drainage of energy expelled from my body, mentally and physically weaker, fatigue started to set in and I just didn't feel like doing anything. At first I felt like a super being, I need to know if that came from the 18 days Brahmacharya practice and what was taking place in my body during that period of obstinence?

Thank You
Troy

Answer
Hello Troy,

Great to see you are experiencing the effects of Brahmacharya.

Brahmacharya is the gateway to superior success and accomplishments in every wal k and field of life be it materialistic or spiritual. By conservation of his vit al fluid man can achieve the impossible. Semen is the net sum of all energy and greatness within man. He who wastes this vital fluid for recreation ultimately l oses everything while he who conserves and transmutes this great essence will sh ine like a star in whatever endeavor he engages. The purpose of the sexual act i s procreation (production of offspring) and not recreation.

When you remained celibate for a period of two weeks or so, your body went throu gh freedom from regeneration of semen, which it has to with great stress in a pe rson who constantly loses semen. To get a clear idea of how this actually works, kindly go through past answers on this portal with the following titles:

* " Forms of semen"
* "Advice on technique"
* "Inquire"
* "Is sex, lust bad for health"

This will help widen understanding and throw light.

God bless and have a nice day
Dhananjay

Question
Hello Sir,

I wished to know what is meant by brahmacharya for women, since they don't have their sexual organs outside the body like men. What actions constitute the emula tion of self-gratification akin to men? Do online emotional relationships with m any men create problems for a women later in her married life? Do activities lik e partying, socializing and talking with men on a regular basis have the same ha rmful effects as for men? What is the effect of such behavior on her emotional q uotient and understanding with her future spouse?

Thank you,
Amit

Answer
Hello Amit,

Hope you are keeping well. Coming to your queries,

Q1: How does Brahmacharya apply to women?

A: So we don't repeat ourselves here, I will request you to go through the post- 'Celibacy and women Dt: 11th January 2011 for the answer.

Q2: What are the actions as regards to women that are detrimental on a parallel note as in the case of men.
A: The same actions that cause damage to men hold good as regards to women also. These include sexual fantasy, pornography, masturbation, actual recreational se x and all other forms of sexual arousals. To sum up, all waste of mental, physic al and emotional energy through sexual thought, word or deed lead to wastage of the vital essence in both men and women on an equal footing.

Q3:Do online emotional relationships with many men hurt women?
A: An emotional relationship is an emotional relationship immaterial of whether it is online, offline, thought-level, verbal or physical. Energy is expended in all these cases and attachment blossoms. This will eventually lead to interactio ns and involvement at a deeper level and finally cause sorrow, pain and loss of vital essence in case of both men and women.

It is very difficult for either a man or lady to be immersed in an environment f illed with sexual, amorous and sensual undercurrents such as a party and yet adh ere strictly to the tenets of Brahmacharya. For this reason, aspirants would do well to shun such environments that cause mental duress and instigate the latent lust present within. If a man or woman were to get deeply involved and addicted to such settings, the tendency to revel in such surroundings gradually increase s and finally causes downfall in terms of Brahmacharya.

God bless and have a nice day
Dhananjay

Question
Hello,
I am interested in knowing the exact meaning of "Brahmacharya" mode of life plea se. I am a 40 years old and married living with my wife and 2 children.

Answer
Dear Sriharsha :-)

It is nice to see people showing interest in 'Brahmacharya' considering how beau tiful its results are on the practitioner. I will try to put forward the answer as completely as possible.

Literally speaking the word 'Brahmacharya' is a compound sanskrit word resulting from the combination of the words 'Brahman' and 'Charathi'. The word 'Brahman' means the Almighty lord, while 'Charathi' means to roam. The resultant word mean s 'To roam in Brahman or the Almighty'. A man who practices the same is called a 'Brahmachari', immaterial of what his marital status is.

Coming to the practical and effective meaning, 'Brahmacharya' is a state of mind , body and consciousness in which a man essentially adopts a state free from sex ual/ sensual thoughts, actions and attitude. It is a state adopted by man to fre e oneself from the dualities of earthly life and embrace the unipolar state of ' Ananda' or bliss whose best manifestation is in the creator, the Blessed Lord.

In case of a married house holder, sexual activity assumes righteousness when in dulged in with the following objectives:

1. In producing wanted offspring.
2. In creating a healthy marital bond, especially with newly weds during the ini tial period of wedded life.

As a legally wedded couple progress in time through their marriage, nature ideally programs them to rely less on sexual activity in maintaining this marital bond and shift to more substantial parameters such as kindness, true love, understanding, companionship and togetherness. Thereby, while a single unmarried celibate man is required to abstain from all forms of sexuality, a house holder or 'Grihasta' is allowed sexual contact only with his wife to produce wanted offspring. A householder wishing to adopt the 'Brahmacharya' mode of life should work towards achieving this state of mind and action in his marriage, whereby he acquires the same benefits a single unmarried true 'Brahmachari' begets in his path of self-realization.

Hope this answers your question, Get back to me for clarifications if any

God bless and have a nice day Sriharsha :-)

Question
I have noticed that when I Lust with the eyes or thoughts I lose energy as well. How is the power being drained when no semen is lost? Also when I lust through the day I feel like I am in space most of the day. It affects me and makes me nervous and self conscience. I am happily practicing 100% chastity from now on. What are other ways to make my chastity 100 times more productive as far as accomplishments and intelligence. Is it just time?

Answer
Hello Carr :-)

Hope you are keeping well and enjoying the benefits of a celibate life with sustained efforts. Thank you for the query, coming to the answer:

Q: How does a man loose his energy through the sense of sight in spite of not engaging in the sexual act?
A: We perceive all in the external world around us only through the five senses namely:
1. Eyes -sense of sight
2. Nose -sense of smell
3. Tongue -sense of taste
4. Ear -sense of sound
5. Skin -sense of touch

Lustful thoughts reach the mind only via one of these five senses mentioned above. It is impossible for a man to experience the sex sensation without activation of one or more of these senses. So when you look at an object of lust, your eyes transmit this sensation to your mind resulting in the lustful thought. The mind in turn sends a signal to the sex organs towards activation. In a celibate committed and devoted to the concept of celibacy, such lustful thoughts cause mental and emotional pollution. This explains 'feeling dirty' further to lustful thoughts. Loss of energy is accompanied consecutively. Don't you feel a loss of energy when you get angry? It is very similar here too. Though this loss is smaller as compared to that from loss of semen, a cumulative of thoughts in the sex plane will make the seed come out eventually in a wet dream.

With sustained efforts, a disciplined life with adequate yoga or exercise and prayer to god for liberation, one achieves definite growth. It is very important to stay clear of all objects which fire up the sex plane through one of the above mentioned senses. That is, the celibate should stay away from sights, smells, food, sounds and physical touch which activate the sex plane. Coming to how long it takes, with every passing day you will find yourself brighter, happier, more cheerful and in possession of growing mental energy and ability. Further to 12 years of absolute chastity with not even a drop of semen loss (with the exception of the occasional period), the celibate is said to achieve superhuman powers an

d bliss incomparable to earthly standards along with the vision of god if he so desires. Also achieved is the power of total recall, wherein the celibate gets s uch a powerful memory that he can remember anything he wishes, however large it may be in magnitude. These are only some of the innumerable benefits and powers that he acquires. But the journey to this point is no less wonderful, and increa ses in bliss with every passing day of honest celibacy.

Trust this helps.

Wishing you all the every best in your noble endeavor of practicing 'Brahmachary a'
God bless and have a nice day :-)
Dhananjay

Question
hello.!!!
1.what is the importance of practicing brahmacharya for 12
years? what you attend at end.?
2.how siddhis are related with brahmacharya?
3.Can the damage caused by past mistakes, like loss of
vitality be got back.?

Answer
Hello there,

Hope you are doing good. Coming to your queries,

Q1: What is the significance behind practicing Brahmacharya for a period of 12 y ears?
A: If one wanted to take a kettle of water and convert it to steam what would on e do? Firstly the kettle would be placed atop a fire, it would be be covered tig htly with a stopper, heated to 100 degrees centigrade and then the steam would s tart appearing, and after maintaining this temperature for a considerable durati on of time, all the water in the kettle would slowly get converted into steam. W ould any reduction in the temperature to say 98 degrees, reduction in the heatin g time or a leak in the kettle help us achieve conversion of every ounce of wate r into steam? NO.

Practicing Brahmacharya for a period of 12 years is very similar. The human body produces semen through a seven stage process. From food comes chyle, from chyle -blood, from blood-flesh, from flesh-fat, from fat-bone, from bone-marrow and fi nally from marrow comes semen. It is the seventh and final tissue element of the human body, hence called 'Saptha Dhatu'. It is the net sum of all energy, power , creativity and greatness within man capable of producing a new life. No other secretion in the human body has the power to give life. Semen is the net sum of all 'Prana' or vital energy within. The body draws entirely from man's vital lif e energy to produce each drop of semen and semen in turn produces another life. With every instance of loss of semen, 'Prana' or the vital energy within gets de stabilized and man in turn gets poorer in his life energy proportionately. Hence for man to achieve his full potential and prowess in any sphere of life, the co nservation, transmutation and sublimation of semen becomes mandatory. Just as wa ter in the kettle took the requisite time, temperature and pressure to convert i nto steam it takes 12 years of absolute celibacy in thought, word and deed (with out the voluntary wastage of even a single drop of semen) for the 'Prana' to rea ch a level where the complete intrinsic power, ability and greatness of man star t to manifest.

Q2: What does one attain by this process?
A: The answer would be 'What does one not attain by the process'? A barrel of wa ter by itself cannot do much, but if converted into high pressure steam, it can

run a turbine and generate electricity. It can be used to cook food and feed a h ungry mouth. Brahmacharya similarly can be used to achieve spectacular results i n any field of life. All scriptures cutting across religions profess that by the honest and true, unbroken practice of Brahmacharya in thought, word and deed fo r a span of 12 years, the Urdhvareta acquires superhuman powers and even the vis ion of God. This rewards him with the fruition of all his goals and objectives a t the highest level and finally self-realization, the very purpose of the human existence.

Q3: What is the connection between Siddhis and Brahmacharya?
A: Siddhis or special powers are nothing but a manifestation of the infinite pow er already present within the soul or 'Atman'. The reason why these do not manif est in the common man is because of the layers of 'Ignorance' or 'Avidya' which have cocooned themselves around the soul. If man could unveil this ignorance eff ectively, he could achieve the impossible, be it in the materialistic or spiritu al spheres of life. Brahmacharya helps one to effectively unlock this veil and l et the light of the 'Atman' or soul to shine through in full splendor so man cou ld achieve all his aspirations and reach the goal of human life through self-rea lization.

Q4: Is damage caused by past loss of vital energy reversible?
A: It is 'Better late than never' and 'Never too late for amendments'. Practice of Brahmacharya even for a few months will make even a non-believer realize the benefic effects of celibacy. The scriptures recommend that for the full powers a nd siddhis of 12 year celibacy to be unleashed, the commencement of unbroken pra ctice must commence at least before the 32 or the 34th year. This does not entir ely mean that those who start later will not be benefited. Our past is gone and beyond our control. It is the present and future over which we have some say. He who starts the practice of celibacy as soon as he gets to know of its benefits, whatever be his age will surely improve and shine from then on.

God bless and have a nice day
Dhananjay :-)

Question
QUESTION: Hi, I am 32 years old man, married 3 years ago.
I have a high libido but still maintained virginity till marriage lest i shall l ose charm of marrying.
But my wife is not as sexually inclined as i had wished, although otherwise very loving.
Now, the inferiority caused by being refused time and again is highly frustratin g. I find indulged to cyber,porn etc, which later causes guilt pangs of wastage of time and resources.
I understand that an extra marital would be a damaging affair. So the last optio n i think is to kill all sexual desire somehow.

I have 2 queries in this regard.

A.) Is my reason for obtaining abstinence (told above) a good and sensible reaso n, or is this a self defeating or a compromising one?
B.) My wife is highly desirous of having a baby but some medical reasons are del aying it. Hence she expects me to have sex almost daily during favorable days, b ut of course at NONE other times.
How do i manage my abstinence between such conflicting expectations of her? This is tearing me apart.

Please help.

ANSWER: Hello Vijay! Nice to meet you. I will paraphrase my understanding of y our questions below and do my best to answer them.

Q: I want to be abstinent because I'm avoiding adultery. Is this a sensible rea son to try attaining abstinence?

A: It is a sensible reason, but it is only one of many, more important reasons.

1. Abstinence from all unnatural emission of semen (including masturbation and v iewing porn) will immediately improve your health.

2. For many, after a year or so, success comes to you very visibly through your career channel, bolstering your bank account and improving your mood.

3. Perhaps after another year, you'll even start to have more fame - a very good name in society, articles in the newspaper, people calling you to interview you etc.

These are broadly what I would call "blessings". Much of these come from you sa ving a lot of time and energy and putting time and energy into your work, cleani ng up, organizing, and hobbies. But through this process you'll understand more deeply who is God, and that God is now blessing you. You gave up a silly baubl e that was placed in front of you, and you said, no, I love God, not this glitte ry object.

4. So the ultimate reason for being abstinent is to be closer to God, to know wh o is God, and to know what is God. This is the most noble and fulfilling reason to be abstinent.

[If you remain abstinent for at least 30 days, you will start to feel very high, noble, and towering. I personally felt like I was soaring around the streets. It is a cosmic experience, and it is a very strong signal from the powers that be that you are doing the right thing and are on the right path.]

Q: What about looking at porn as an outlet for my desires when my wife is disint erested?

A: Be careful what pictures you see. Bad and ugly pictures can burn into your memory. Those images may be with you for the rest of your life. The only way t o get rid of them is with very diligent practice of japa. Imagine that one of t hose pictures will mean that you will have to do 300 hours of japa just to keep you from having nightmares and health problems later on. Is it really that wort h it? Set up your filters for google ("strict filtering") and other internet se rvices. Set up your computer as a tool for work and religion only. Kick the po rn addiction, and be healthy and have beautiful dreams at night.

Q: My wife wants to have sex for having children. How can I manage my emotions as a celibate householder?

A: Having sex for the clear purpose of having children is quite valid. I eat to stay alive. I could have sex to have children. Everything in nature has its n atural, intended purpose. This said, there are addicting emotional encouragemen ts that go along with sex, which easily lead the sexing man into liking sex itse lf, and not thinking of the ultimate goal - having children.

Paramahansa Yogananda expressed that he was born of parents who were strict hous eholders. They had sex only to have children, and to have their nine children t hey likely only had sex nine times. He said that in Vedic tradition, the husban d has sex with the wife at a propitious time and during a long period of abstine nce. This assures success. After the act is done, the husband is to leave the home for 24 to 48 hours. There are several reasons for this discipline. One, t he emotional state of the man is to want more and more sex, so it is best to rem

ove the wife from view and go off and do some other business during this time. Two, the emotional state of the man and woman together is actually conflicting. Their emotions become very "complex" after sex. There is a phrase for this in English: pillow talk. Pillow talk is famous for being contentious and sad. Typical questions the female may have during this period are: "Do you really understand who I am?", "Do you really love me?"....Actually there is no meaning to these questions. The couple has just been through a very difficult experience, their emotions have just soared and crashed. Their mental states are very, very confused, especially during the first two days and clearly continuing for two weeks. So for this reason it is a very good habit for the husband to leave the wife immediately after sex.

I know several men who can support these claims with their experience. I have an American friend who was striving for abstinence for a whole year. His wife tempted him one day, and after just one time she was pregnant. A Black man in Nanjing had the same experience - a wife who tempted him out of his attempt to stay celibate, and then boom, an immediate pregnancy. A Chinese man I know was told by doctors that he was infertile. His wife underwent painful operations and injections to try getting her pregnant. Finally, the man tried abstinence for three or four months. Then with just one try, his wife was pregnant. Also, I have a friend who tried abstinence for three months, then went to a hospital in Shanghai to have his semen tested. He tested eight times the normal sperm count, with 64% high quality sperm over the average 50%. I could tell more stories, but you get the idea.

If you and your wife are very sure you want children, you only need one time during her ovulation. You can try planning some other activity somewhere outside the house for the following two days. This will reduce the spiritual confusion that householders sometimes have.

Hope this helps!

- Ian Clark
Brotherhood of the Sacred Word

---------- FOLLOW-UP ----------

QUESTION: You would be happy to know that although i still indulge in daily fore play, but maintained the restraint from ejaculations since about a month.
I do feel more self esteemed.
BUT
Though i have put in all web filters etc, i still feel tempted to bypass them and view porn and indulge in sex chat online.(e.g from other possible online places)

Secondly,
You missed some of my queries, but rather answered more than i asked in other queries.

I am restating my pending ones.
1. My initial reason for going celibate is that my wife has low sex drive, and it is frustrating to face denials from her side. Extra marital is not my cup of tea, hence a viable solution i felt is to kill desires. So is this reason a healthy one or self defeating one to become celibate?

2. I discussed this issue with my wife. Her stand is that she will not miss any lack of intercourse. But she WANTS daily cuddling and intimacy, like sleeping while hugged. Will this intimacy be any hurdle to my celibacy?

3. What's the best way to keep a balance. Can i continue indulging in foreplay a nd maintaing restraint to intercourse, or some other way?

4. How much frequency of intercourse is in allowable limits?

Answer
Hello Vijay! I'll do my best to help with your questions.

First, some impressions and comments:

It's great that you made it through a month. Next time, try to beat that record . We suggest keeping a journal of your day to day activities to monitor improve ments.

If filters for your computer are not enough, then the problem is with self contr ol. It's understandable that people are very tempted by ads and pictures that c ome to them when they don't want them. But if you go and seek them, that is a p ersonal issue. The first step to self control is to physically not click that m ouse on bad links. That's step one. Step two is to stop talking about sinning as enjoyable or good in any way (you're already doing well on this, I think) and to talk positively about your new experiences as a pure and continent man. Ste p three is not within your direct control - it is your consciousness, mind, and astral plane. This will eventually clear out of horrible images and temptations as you complete steps one and two for several years.

Also make sure that you have plenty of constructive work planned ahead of time b efore you turn on the computer. There should be some journal entry which addr esses that.

Now for the questions!

Q: My initial reason for going celibate is that my wife has low sex drive, and i t is frustrating to face denials from her side.Extra marital is not my cup of te a, hence a viable solution i felt is to kill desires. So is this reason a health y one or self defeating one to become celibate?

A: Wanting to kill desires is actually a strong desire for freedom, and it is ve ry healthy.

Q: I discussed this issue with my wife. Her stand is that she will not miss any lack of intercourse. But she WANTS daily cuddling and intimacy, like sleeping wh ile hugged. Will this intimacy be any hurdle to my celibacy?

A: If you are past step one of the steps above and have physical control of the sex desire, then it will not be a hurdle.

Q: What's the best way to keep a balance? Can i continue indulging in foreplay and maintaining restraint to intercourse, or some other way?

A: If you have already attained physical self control, you can indulge as much a s you want in hugging, massage and other intimate though non-sexual behaviors. The line is very clear between these behaviors and sex. If you already see that line clearly and have good self control, then by all means indulge in it.

If you feel you haven't gotten that control yet, then sleep in a separate room. You may have to verbally reassure your wife constantly that you are faithful an d that you love her. Tell her that you will be over this problem in a few month s or a year. (I would say a year of continence is a very good sign that you are in control, and at least past that line you can start to regain normal, non-sex

ual intimacy with your wife).

A: How much frequency of intercourse is in allowable limits?

Q: One incident of intercourse per wanted child.

Question
Hi, I am 32 years old man, married 3 years ago.
I have a high libido but still maintained virginity till marriage lest i shall l ose charm of marrying.
But my wife is not as sexually inclined as i had wished, although otherwise very loving.
Now, the inferiority caused by being refused time and again is highly frustratin g. I find indulged to cyber,porn etc, which later causes guilt pangs of wastage of time and resources.
I understand that an extra marital would be a damaging affair. So the last optio n i think is to kill all sexual desire somehow.

I have 2 queries in this regard.

A.) Is my reason for obtaining abstinence (told above) a good and sensible reaso n, or is this a self defeating or a compromising one?
B.) My wife is highly desirous of having a baby but some medical reasons are del aying it. Hence she expects me to have sex almost daily during favorable days, b ut of course at NONE other times.
How do i manage my abstinence between such conflicting expectations of her? This is tearing me apart.

Please help.

Answer
Hello Vijay! Nice to meet you. I will paraphrase my understanding of your ques tions below and do my best to answer them.

Q: I want to be abstinent because I'm avoiding adultery. Is this a sensible rea son to try attaining abstinence?

A: It is a sensible reason, but it is only one of many, more important reasons.

1. Abstinence from all unnatural emission of semen (including masturbation and v iewing porn) will immediately improve your health.

2. For many, after a year or so, success comes to you very visibly through your career channel, bolstering your bank account and improving your mood.

3. Perhaps after another year, you'll even start to have more fame - a very good name in society, articles in the newspaper, people calling you to interview you etc.

These are broadly what I would call "blessings". Much of these come from you sa ving a lot of time and energy and putting time and energy into your work, cleani ng up, organizing, and hobbies. But through this process you'll understand more deeply who is God, and that God is now blessing you. You gave up a silly baubl e that was placed in front of you, and you said, no, I love God, not this glitte ry object.

4. So the ultimate reason for being abstinent is to be closer to God, to know wh o is God, and to know what is God. This is the most noble and fulfilling reason to be abstinent.

[If you remain abstinent for at least 30 days, you will start to feel very high, noble, and towering. I personally felt like I was soaring around the streets. It is a cosmic experience, and it is a very strong signal from the powers that be that you are doing the right thing and are on the right path.]

Q: What about looking at porn as an outlet for my desires when my wife is disinterested?

A: Be careful what pictures you see. Bad and ugly pictures can burn into your memory. Those images may be with you for the rest of your life. The only way to get rid of them is with very diligent practice of japa. Imagine that one of those pictures will mean that you will have to do 300 hours of japa just to keep you from having nightmares and health problems later on. Is it really that worth it? Set up your filters for google ("strict filtering") and other internet services. Set up your computer as a tool for work and religion only. Kick the porn addiction, and be healthy and have beautiful dreams at night.

Q: My wife wants to have sex for having children. How can I manage my emotions as a celibate householder?

A: Having sex for the clear purpose of having children is quite valid. I eat to stay alive. I could have sex to have children. Everything in nature has its natural, intended purpose. This said, there are addicting emotional encouragements that go along with sex, which easily lead the sexing man into liking sex itself, and not thinking of the ultimate goal - having children.

Paramahansa Yogananda expressed that he was born of parents who were strict householders. They had sex only to have children, and to have their nine children they likely only had sex nine times. He said that in Vedic tradition, the husband has sex with the wife at a propitious time and during a long period of abstinence. This assures success. After the act is done, the husband is to leave the home for 24 to 48 hours. There are several reasons for this discipline. One, the emotional state of the man is to want more and more sex, so it is best to remove the wife from view and go off and do some other business during this time. Two, the emotional state of the man and woman together is actually conflicting. Their emotions become very "complex" after sex. There is a phrase for this in English: pillow talk. Pillow talk is famous for being contentious and sad. Typical questions the female may have during this period are: "Do you really understand who I am?", "Do you really love me?"....Actually there is no meaning to these questions. The couple has just been through a very difficult experience, their emotions have just soared and crashed. Their mental states are very, very confused, especially during the first two days and clearly continuing for two weeks. So for this reason it is a very good habit for the husband to leave the wife immediately after sex.

I know several men who can support these claims with their experience. I have an American friend who was striving for abstinence for a whole year. His wife tempted him one day, and after just one time she was pregnant. A Black man in Nanjing had the same experience - a wife who tempted him out of his attempt to stay celibate, and then boom, an immediate pregnancy. A Chinese man I know was told by doctors that he was infertile. His wife underwent painful operations and injections to try getting her pregnant. Finally, the man tried abstinence for three or four months. Then with just one try, his wife was pregnant. Also, I have a friend who tried abstinence for three months, then went to a hospital in Shanghai to have his semen tested. He tested eight times the normal sperm count, with 64% high quality sperm over the average 50%. I could tell more stories, but you get the idea.

If you and your wife are very sure you want children, you only need one time during her ovulation. You can try planning some other activity somewhere outside t

he house for the following two days. This will reduce the spiritual confusion t hat householders sometimes have.

Hope this helps!

- Ian Clark
Brotherhood of the Sacred Word

Question
QUESTION: Hello Ian:

Which technique do you think results in swifter progress: 1) to very strictly sh ut out all sensory stimulus or 2) to allow *some* sensory stimulus and then subl imate the desires into spiritual aspirations?

I have been perfectly celibate, without voluntary slips, for over 4 months now a nd I believe part of my success is because of a favorable environment with few f emales around and where I am immersed in my work and studies. I have noticed th at my perception of females has changed and I no longer allow myself to consciou sly consent to 'do' anything to them in my thoughts. However, I still find that I appreciate their beauty and I still have a desire to stare if I see a beautifu l girl. However, if I stare too much (such as when watching TV) and feel the sti rrings of arousal, I find I have more control in sublimating these with meditati on into spiritual goals.

I do realize that allowing some stimulus in approach 2) is a slippery slope that could result in a downfall, but I am assuming here that the person has already made some progress in being chaste. Approach 2) feels as though more energy is b eing raised in my body and I am training myself to adapt to it. The downside is that it potentially generates more impure thoughts. With approach 1), I keep won dering if the progress is too slow or even stagnant. Two other considerations I have are that I expect my environment to change shortly where there will be more temptation and boredom, and I am somewhat impatient to see if celibacy can cure a physical skin condition I have (psoriasis). I keep wondering if approach 2) i s more effective in raising more energy and training me to live amidst worldly t emptations.

We often here that artists need beautiful women around as a stimulus to produce great art (through sublimation). Could the artist produce such great works witho ut that stimulus?

Once again, I thank you very much for your advice as reading about your experien ce was one of two things that was a catalyst for my current progress, after seve ral years of failure.

John

ANSWER: Hello John :-)
This query must ve been forwarded my way. Though it s not addressed to me, I will tr y my best to answer it.

Coming to your question as to which method would be better?
1.Strictly shutting out all sensory stimulus, OR
2.Allowing some sensory stimulus and sublimating the same

The answer is to shut out all sensory stimulus backed by the constant reminder o f knowledge that sense objects lead one away from the path of real progress, hap piness and bliss.

The second approach doesn t ultimately make sense, as it s nothing more than a circu itous & slow downfall towards one s past delusive animal instincts.

You are right in assuming that a conducive environment bereft of temptation help s. It certainly does and is in fact a necessity for an aspirant in the path of c elibacy.

All Holy Scriptures cutting across religions state that till the time a celibate has realized his SELF or god and is perfectly established in celibacy to the poin t where his mental purity and lack of response towards sense objects become Natur al and Effortless he should always be extremely alert and vigilant against the onsl aught of senses. By the honest, true and unbroken practice of celibacy for a perio d of 12 years, man generally reaches this state. The sight of a naked woman woul d have no bearing upon him. He feels no difference in stimulus between touching a piece of wood and the naked body of a beautiful woman. He sees himself in ever y form of life and all forms of life within himself. This is the ultimate aim of celibacy and the goal of life. Man is then one with his maker.

But beware! Till one has reached this state, he is ever prone to defeat under th e powerful attack of lust at any given point in time. It is in fact said that a celibate aspirant should ever be humble and meek before god, asking him for guid ance and the power to win over the senses and be constantly aware of the fact th at he is still a student in controlling his passions and not yet a master.

If an aspirant lets some sensory stimuli to enter his domain, he soon finds himsel f being overpowered by more and more sense stimuli, which grow like hay on fire an d finally devour him! So the trick is to nip them at the bud.

It s good that you have been without slips since the past 4 months. This is in fac t an indication that you are destined for more if you strive rightly. The first 3 -4 months of celibacy make a person experience a drastic change in his state o f mind and attitude. This is because man slightly touches upon that beautiful stat e of soul serenity which he never knew all through his adult life. But a word of caution is necessary here: As you progress further this initial euphoria or high will settle down and stabilize, and then the celibate should very clearly rememb er to be eternally vigilant and alert against any form of sexual stimulus, else he will be tempted to stray and loose his ground.
The desire to stare at a beautiful lady is a clear indication of latent lust. Th ere are people who argue that they are looking at beauty and not at sexuality . Would they stare at the same lady if she were old or say dead? Where did the beauty g o then? True beauty is permanent and imperishable, it cannot age, and it cannot perish. This thing which we call beauty in a man or a woman is the physical beauty of the body, an illusion. Look at this beautiful lady after she s down with disea se for a few days all grungy, haggard and unkempt and see if you feel the same a ttraction. This attraction which you refer to will have vanished...Why? Because th e beauty you were referring to and looking at was the illusive, temporary and semi -permanent physical beauty and not the true soul or god beauty. This is exactly wher e celibacy comes; it makes man get in touch with the real beauty of the soul or go d .

John, have you ever wondered why a young virile man or a pretty girl in her teen s look so attractive? What is it in them which disappears once the man grows old o r this pretty girl bears a few kids? The secret of reality and creation lies in th is answer. It is God who shines through these people at youth in the form of their sexuality and makes them look beautiful in order to facilitate them to attract a mate, marry and produce offspring. Once this purpose is achieved this pretty girl starts losing the physical charm and oomph which she previously had. In reality th e physical body made of flesh and bones was never beautiful. The God power shining through it with the above said purpose held it high and together to give it fi rmness, fullness and an aura of beauty ! If the same pretty girl were to die, say

at youth her dead body would no longer look beautiful Why? Because the beauty or God oul which resided in her body has vacated its residence!!

Coming to your other question, a true and a great artist when he paints a beauti ful lady, would at that instant knowingly or unknowingly be into painting this i mperishable, all pervading God beauty in the soul of the object, shining through t he body. We can clearly see this difference between the works of an ordinary art ist who merely paints the body and that of classics like Renoirs or Rembrandts . So a gain, all superlative results, be it in any field of life are results of man s con nection with the Divine and not the flesh. A Renoir of even a very old man looks Fant abulous !

Trust this helps clear your doubts regarding the subject and helps you walk more firmly in the path of celibacy John :-) Revert to me for clarifications if any

God bless and have a nice day :-)

---------- FOLLOW-UP ----------

QUESTION: Thank you Dhananjay for your detailed response! I will re-commit mysel f to avoiding sensory stimuli as lately I've been getting lax on this. However, although your response makes perfect sense to me (I do see that allowing some st imulus only creates desire for more), I am still troubled by one question. I wil l re-phrase my question so it's more clear. Here is what I currently understand:

1) Sensory stimuli cause desire in people
2) Semen is produced in the body as a result of those desires
3) With meditation, the body can sublimate that semen into higher forms and this produces Ojas
4) The more Ojas a person has stored, the more spiritual power he will have.

By the above reasoning, it is better to get the body to produce more semen so mo re can be sublimated and stored as Ojas. So my original question came about beca use I wondered if more sense stimuli could be an aid to ultimately storing more Ojas. But of course there is something erroneous in my thinking on this. Can you help me identify what is incorrect in the above reasoning, and what's the right way to understand this process?

Thank you very much!
John

Answer
Hello John :-)
Technical knowledge regarding the endeavor is very important in order to help us aspirants choose the right path when we come to a fork on the road. Let's try a nd get to answer your statements/ questions:

1. Sensory stimuli cause desire in people:
True, an aspirant is prone to react to stimuli with desire till the time he has reached mastery. This spontaneous reaction is a cumulative result of his similar reactions and actions from his past karma or deeds.

2. Semen is produced in the body as a result of those desires:
Lets put it this way; semen gets into the ejaculatory mode when man reacts to stim uli with desire. In a true celibate, the volume of production of semen is limite d to the 3 purposes which semen is programmed to attend to in addition to reprod uction namely:

A.Rejuvenate and revitalize the physical body.

B.Help develop a keen intellect/ additionalize the brain functions.
C.Take man to a spiritual plane and aid him in self realization.

In a non-celibate, very little semen is available for the above three functions, as most of it flows out. In a celibate it s the reverse.

3. With meditation, the body can sublimate this semen into higher forms producin g ojas:
True, meditation upon the divine transmutes Rethas or semen into Ojas . In fact almos t all of the Rethas is transformed into Ojas in a true Urdhvareta yogi except the co tituent amount required for sustaining his body and his intellect/ brain. (Urdhv areta: This is a compound Sanskrit word from the words Urdhva- meaning upward an d Rethas- meaning semen: It means One who has taken his semen upwards) However in an aspirant yet to become an Urdhvareta it becomes necessary to indulge in adequat e physical and mental activity along with meditation, in order to achieve the st ate of Ojas . Else that third part of semen flows out.

4. The more Ojas a person has, the more spiritual power he has:
True, Ojas is nothing but the gross creative power in a very subtle form.

As to your other statement that more semen means more ojas further to transmutat ion there is a correction. I will explain it with an example. Let s say X calories o f balanced food are required for a healthy, strong and muscular body. Will healt h, strength and muscle mass increase by tenfold if we consume 10X calories or hund red fold with 100X calories? No. Similarly only a portion of semen gets converted to Ojas after attending to the other two functions. The excess semen produced will flow out. In an Urdhvareta, the body produces just the required quantity. The r est never gets produced! It is transmuted into subtlety. It is for this reason t hat great yogi s indulge in Mitaahara or moderation in diet. Overeating has a tenden cy to produce more semen in the gross form beyond requirement.

Now on your question if more sense stimulus means more ojas, it is in fact the o pposite. I would request you to re-look at point No.2. Sense stimuli produce des ire which in turn stir up and put together semen into the ejaculatory mode . The wh eels of expellation have started to move! Any volume of semen that has got into this state cannot be converted into Ojas . It will eventually come out only as Retha s in the gross form. This is the reason an aspirant is asked to totally shun sens e stimuli. He cannot become an Urdhvareta as long as the mind reacts to stimuli with desire.

Lastly, your query regarding Psoriasis. All diseases/ deviations from robust hea lth in man at the physical/ mental level are a result of some past negative karm a. Considering celibacy is man s journey back to the divine, brahmacharya can undo all the inauspicious signs. However based on the extent of one s negative karma, this could take time. We are all aspirants who have trodden the path of celibacy since short time, while indulging in the delusive actions of ignorance since a very long time! Time and effort will break even and then annul these karmas.

Hope this clears your doubts. Revert to me for clarifications if any John
God bless and have a nice day :-)

Dhananjay

Question
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God bless and have a nice day :-)

Question
Dhananjay,
Your answer to the question about anger leads to link between anger and envy. In these times all men have to guard against the feeling of envy of the alpha males or "players" who are successful in having sex with many women. So does this not mean that the intellectual approach has to examine the false values at the root of the anger? And do we not also have to guard against the easy rationalization that the corrupt culture that identifies manhood with sexing is too powerful to resist?

Answer
Hello Bruce,

Trust you are doing fine. Coming to the topic on hand,

A 'Brahmachari' is a man whose chief aim is to ascend the ladder of eternal bliss and divinity by unveiling the layers of ignorance which have wrapped themselves around the soul and blocked its limitless light, energy, bliss, power and divinity. Just as a piece of gold covered with grit and grime regains all its innate splendor when cleansed and polished, the light of the soul when uncovered and let to shine through brightens the life of the darkest of beings and enables them to experience unexplainable bliss (Bliss or 'Ananda' is unipolar – It has no opposite unlike the bipolar happiness which is limited by the opposite sadness/ pain)

Let's try and illustrate the answer to your question taking reference of the following condition:

At a particular place, there is a dark, dank, cold and filthy room (Ignorance and delusion) and many males and females are locked in this little room since birth. They know nothing of the outer world beyond the room's walls and look up to the torch lights they have in their hands as a source of heat and light. Many a time they look at this light and marvel at it. Sometimes they swish their hands in the small volume of polluted air within this chamber and exclaim how large the room is and how much space they have, for that is all they have ever known since birth. They erroneously assume the light emanating from the battery powered torches to be the best source of heat, light and brightness in their existence for they know not of anything more than darkness and delusion. And one fine day, these torches will run out of power due to constant use (the sensual man finally loses all, wasting his vitality) and one by one each sinks deeper into darkness, disease and illness and finally dies a miserable death never knowing the freshness of breeze blowing across a meadow, the beauty, splendor, grandeur, warmth and magnificence of the splendid light giver the Sun (soul) whose batteries are inexhaustible and whose effulgence can never be compared with anything else.

The celibate who is also in this room is however on a scientific mission to break out of this room within which he finds himself imprisoned. He has been informed about the warm, bright rays of an entity called the 'Sun' (the soul) which no heating seating system can ever match, which no log fire can ever compete with. He still doesn't have first hand experience of how exactly this 'Sun' appears or the warmth and heat he gives out. He doesn't yet know the expanse, virtual infinity, space and fresh air in the so called 'outside' world that he has been told about. He knows not what it is to see the Sun in all splendor lighting the entire world and making life possible on this planet Earth by being the source of all heat, light, energy and growth. But he has only been told that he should ignore and be indifferent to the activities and tendencies of the other male and female occupants in the room who constantly hanker after petty pleasures involving each other and start to quarrel and fight once these impermanent pleasures come t

o an end only seeking more. He has also been asked not to mix with them, lest he too gets mired in their nature of thought and action.

At the start of celibacy, he slowly starts to feel around the room trying to figure out its layout. He starts to realize its limited dimensions and boundaries (which the others have no clue about). After a few months of celibacy he comes across something called as a 'door' in one corner of the room which is hinged at one end and locked at the other. Further to a year of celibacy, he musters up the courage and might to start kicking and banging at the door. But task is anything but easy. The door is very thick and sturdy, besides he is constantly distracted and plagued by the activities of his roommates who are constantly engrossed with each other in their delirium. Sometimes he feels like giving up and re-uniting with his counterparts. Sometimes they call him, pull him and try to trick him back into their state of stupor. If he gives in and rejoins them, all is lost and he will get back to his earlier state of degeneration. The thought of a limitless outside world, the fresh breeze and the 'Sun' have set his mind running with curiosity, eagerness and zest. He doesn't yet know what all these things mean for he hasn't had first hand experience, but he feels the stirring of an innate urge to find out all about its beauty and get out of the present hellhole.

Further to a year of constant efforts at alienating himself from his roommates (celibacy) and their antics, he finds within himself a power which he didn't possess earlier. Now his kicks and bangs targeting the thick door (delusion) are stronger and something marvelous has started to happen! When he kicks very hard and the door yields at bit at the locked end, he sometimes sees a thin, bright sliver of light!!! It is something he has never experienced in his life filled in the dark dungeon. The sheer brightness, power and warmth of the trickling sunlight make him awestruck and mesmerized. Mind you, this light is visible only to him and not to the others deep in their stupor, unaware of their surroundings. He now starts to persevere in his goal with a never before energy and enthusiasm. He finds himself less tempted by the doings of his roommates and more intent at breaking free.....He is now fully awake and has just one goal, to set himself free and experience the infinite bliss outside!!!

Coming back to the question on hand, the 'Alpha males' or players are the roommates active in their delirious deeds totally 'asleep' to reality. The celibate has woken up and is on the path to set himself free. Need we say more? The apparent pleasures derived from sensuality are like the heat and light produced by the torches. They will all fizzle out one fine day. Once man feels the warmth and luster of Sunlight (soul bliss), who would ever want to go back to the filthy dungeon (sensual pleasures)? Which man who has felt the warmth and power of Sunlight would settle for torchlight?!!! But till one is entirely free from confinement of the senses, the effort has to be tremendous and persistent. Any dearth of effort will tempt man back toward his unfortunate roommates and their delusions! Just as a bird long caged hesitates to fly out when set free, man at the initial stages of a life of virtue wonders if such a life is worth the effort, for he has long known nothing else but the dreary dungeon called sensuality and has associated it with life and happiness.

Desire unfulfilled leads to anger. Anger leads to more desire as a form of solace and finally when both of these have burnt man, a new foe called 'envy' takes birth when man comes across others having what he doesn't and cherishes to have. As soon as envy is born, it brings along its cousins desire and anger back into the tally. It is a vicious cycle very, very hard to negate. If there is one way to succeed, it is through celibacy. Control over one's sexuality empowers man to control all other troublesome domains. He who can control the sexual urge and transmute it into constructive work and progress can achieve the impossible. There is nothing in the world beyond the reach of such a man. He becomes the real superman. But till 12 years of absolute celibacy are achieved one has to be extremely vigilant against downfall.

So yes, one has to always keep oneself apart from the erroneous concept that sex ing is 'manly'. By indulging in a life of sex for pleasure, man actually loses h is manliness! Let our 'Alpha male' brothers try indulging in a 2 hour workout at the gym further to a bout of sex, the results would be there for all to see and they would be anything from 'manly'!

Why do we see sensuality and dollops of sexuality in every advertisement and in the media right from the ads of an Educational University showing a female stude nt clad in suggesting attire? Because 'Sex sells', nothing more, nothing less. B y using an object of sensuality, the advertiser is able to guarantee attention t o the product. Ensuring such material in an ad is guaranteed to draw attention e ven from non-university aspirants! By focusing on sensuality, the very essence o f the product is infact lost. It s the oldest trick of the conman. The people behi nd it want to make money by hook or crook and care a tuppence for the welfare of the masses. It is another thing how this pollutes and corrupts the impressionab le minds of young people eager to experience life. It sends out a strong wrong s ignal that anything associated with sex is cool and that the opposite is dated. Wh ile the few smart ones try and think this out, the majority falls for the bait a nd gets 'hooked'.

What does the thief do when he wants to rob a house guarded by a magnificent mal e dog? He takes a female dog along and all the greatness, power and watchfulness of the male dog derived by years of strenuous training go up into thin air, suc h a shame. At least the dog can be discounted as an animal without a high level of discrimination, but we humans are blessed with a high IQ, an awareness of rig ht, wrong and discrimination. Not utilizing these amounts to the greatest injust ice done to ourselves.

May the blessed god give the strength, wisdom and knowledge to all to keep sensu ality at bay.

Trust this helps, keep the efforts at celibacy going
God bless and have a nice day :-)
Dhananjay

Question
Thank you, sir, and a compliment is in order. You either are a student of Plato and his allegory of the cave or perhaps a reincarnation of Socrates. You write s o elegantly about these delicate matters and have the heart of a lion to go agai nst the corrupt culture we live in.

Answer
Hello Bruce,

Much honored to receive the compliments and to be of small service. While the go od wishes have certainly fueled more inspiration and zest towards my efforts, I consider myself nothing more than a striving student of celibacy, trying to be e ver vigilant against the onslaught of the senses and as prone to danger as anyon e else out there.

But yes, being of some help to interested people like you certainly makes one fe el happier at the end of the day.

May god bless you with progress in Brahmacharya and help you attain true knowle dge of the self.

Dhananjay

Question

Hi Dhananjay,

I recently read your answer regarding astral tubes, and felt very inspired. I had a related question:

Do online relationships via chats and phone create astral tubes which can make a man suffer emotionally if the other partner does not respond favorably? What if a man fantasizes about the other partner via masturbation to avoid the emotional pain? Does this also create a huge karmic burden for the man and disturb him mentally? I am trying to recover from a similar situation. I am trying to be celibate but am not able to forget about her and end up masturbating while fantasizing about her. Please help me.

Thanks a lot for your guidance.

Answer
Hello there,

Hope your are keeping well. Coming to the query,

Q: What is the effect of relationships with the opposite sex through the medium of internet or phone indulged in with a desirous attitude and the effect of mast urbation?
A: An unmarried man wishing happiness, progress and development would do well in letting feelings of desire develop towards a member of the opposite sex under p urview of the following conditions:

1. He is an eligible bachelor, socio-economically stable, looking at entering th e institution of marriage.
2. He finds the lady a suitable candidate to become his life partner in all resp ects at the social, economic, religious, familial and personal levels and the la dy concerned also has similar feelings.
3. Both have an honorable and genuine intention of leading a legally wedded marr ied life with each other in a responsible and respectable manner.

If all these above conditions exist in trueness, the man and woman after agreein g to lead a married life based on the foundations of true love, trust, loyalty, understanding and consideration in sharing the joys and sorrows of life and prom ising to stay by one another through the ups and downs of life can talk to their parents/guardians and get prepared to take the step of entering into holy matri mony at the earliest. Mark the word earliest. It is unrecommended to maintain co ntact over a long period of time. Until their relationship is cemented by holy m atrimony, they would do well to refrain from any form of verbal/physical/sexual overture amongst themselves that might corrupt the relationship and limit their interactions to the minimum.

If either the man or the woman finds one or any of the above mentioned pre-requi sites absent, then the purpose becomes null and void and both loose the right to look at each other from the perspective of a future life partner. Under such co nditions, the man should stay clear of the lady, giving up any form of constant contact or rapport (such as meeting in person, the internet, phone, letters etc. ..) that could fuel a corrupted relationship

The purpose behind the above rule is to ensure he prevents the development of fu rther 'Karmic interactions' with the lady through his actions at the physical, m ental, emotional and psychic levels. If the man and lady continue to maintain su ch contact, it will invariably flower into more lust/desire and finally lead to physical intimacy from where downfall accelerates. This point is very important

and to be borne in mind all the time to ensure one stays clear of 'Karmic entang lements'. These entanglements not only grow from physical deeds but also from th oughts, words, emotions and the intensity of energy directed and received toward s and from the other person.

All such interactions with the opposite sex if indulged in outside the purview o f marriage will lead to downfall of both the man and the woman concerned sooner or later at the physical, mental, psychic, emotional and karmic levels for sure.

* The thought or look at the picture of a woman will induce desire.
* This desire will induce man to approach/talk to her.
* Familiarity with the woman will result in 'keertan' or praising her qualities with friends.
* Constant thought and contemplation on the woman leads to 'Guhya bhaashan' or talking in secret with the woman on a one to one basis.
* The act of conversing will induce 'sparshan' or touch.
* The touch generated will lead to 'keli' or amorous sport.
* Indulgence in amorous play will lead to 'Adhyaavasaaya' or a strong desire for sexual enjoyment.
* This desire will lead to 'Kriya nivritti' or sexual intercourse.

- Section CCXIV, The MAHABHARATA, Shanti Parva, as told by Bhishma to King Yudhi shtira.

These are called as the eight breaks in Brahmacharya. There is not a single soul on earth who is beyond the chronology of the above eight events from unfolding through contact with the opposite gender, except one who has realized the self. Each and every single being is prone to downfall if he indulges in any of the ab ove starting with the desirous thought of a woman. For this reason, a man wishin g to uplift himself and stay clear of downfall, sorrow and achieve progress in l ife should strictly avoid all the above eight breaks in Brahmacharya starting fr om looking at a woman with desire.

The very act of concentrated thinking upon a member of the opposite sex with des ire outside marriage creates 'cosmic vibrations' which reach the other person in directly. Such an act is unlawful and wrong and creates negative cosmic vibratio ns at the astral plane and around mans soul. Man loses much energy and finally h is vital essence further to such contemplation. These negative vibrations which linger in the cosmos, interfere and inhibit with the free flow of universal cons ciousness which is the chief ingredient for success, peace of mind, energy, pros perity, future well being and what we term 'good luck' on the earthly plane and beyond. With masturbation, man indulges in the act of wasting the divine and mo st powerful form of life/god energy into nothing. Every indulgence in activity t hat leads to fantasizing on the opposite sex will end with loss of semen and fru stration. Also with every such act, man develops a strong 'negative karmic quoti ent' due to misuse and gross wastage of the divine reproductive element which in actuality is the manifestation of the 'Atman' or soul.

The man or woman who fool themselves thinking they can get away with merely look ing/talking or spending time with the opposite sex will without doubt fall into the clutches of sexual gratification ultimately. Failure to get sexual gratifica tion will lead to frustration, perversion, masturbation and other acts which fur ther lead to destruction of one's life energy, vitality and progress. To sum up, man creates enormous amounts of negative karma, around his soul. Any of the act s mentioned above, immaterial of whether they lead to unlawful sexual intercours e or not, drain man of his vitality, energy, greatness and true potential. One h as to spend a large duration of one's life span to undo the negative karma accru ed further to acts involving the above.

We can learn from the unfortunate examples of two men who were known for greatne

ss in their respective fields but whose lustful ways brought destruction at all fronts:

I. A former president of the United States of America who was known for his poli tical acumen, statesmanship, affability and charm finally got pushed to stooping down to the level of cheating on his wife, family and entire country due to a l ife of promiscuity. The lies that were resorted to hide his adulterous life were publicly telecast on international television causing him great dishonor, insul t and injury. His success, name, fame and reputation to the level of presidency that was earned through decades of hard work, effort and patience were eroded du e to an adulterous life carried out for momentary pleasure. And today, people re member him more for his scandalous affair with a white house intern of little wo rth and less for a glorious eight year long presidency of the USA. Such shame an d misfortune, thanks to straying from the path of virtue.

II. An international golfing legend known for his rare talent, ability and prowe ss in the filed of golf lost all further to a series of affairs and illicit enco unters with women. All the name, fame, wealth and recognition he had earned by d ecades of striving for excellence through rigorous practice went down the drain for momentary pleasure. At the end of it, he even lost the trust of his wife and family and tarnished his image and reputation with a serious blot of infamy in his admirable biography. Overnight, he got transferred from being one of the cou ntry s Mot admired athletes to Top 5 most hated sports athletes . Today, people talk mo re about his series of affairs with unknown women than his splendid achievements on the golf course.

These are only two examples. We can retrieve thousands more if we delve into the depths of history. But two should do to remind us to stay away from the path of sex outside marriage, recreational sex and its aftermaths.

A life of celibacy in thought, word and deed means one should prevent any and al l of the eight breaks in celibacy. Interacting with women personally or on the i nternet, phone or through social networking sites with a vested interest will al ways lead one to slip lower and lower and finally fall. It takes a few months of absolute celibacy to make man start realizing what he was missing out on and ho w devoid of substance his former objective was. Absolute shunning of anything an d everything which leads to the eight breaks of Brahmacharya is to be carried ou t if one wishes to take life beyond sorrow.

At a personal level and on a well wishing note, I will suggest you a single form ula to make life glorious:-

Stay away from all forms of interactions fueled by desire towards the opposite se x; for all these actions however subtle and harmless, give birth to lust and lea d one to the next stage of slippage, fall and ultimately destruction. View membe rs of the opposite sex through a sisterly or motherly perspective and keep inter actions to the minimum".

This might sound Herculean to many; but then the achievement of anything great c omes further to great effort and great sacrifices and the end result would be ve ry, very cherishable and on a permanent scale.

God bless and have a nice day :-)
Dhananjay

Question
hello Dhananjay,

How's life?

First of all thanks for your support by strengthening us regarding brahmacharya/ celibacy.

You know, after researching, personal experiences, and encountering many publica tions through books and internet, i was a little confused now about this subject known as 'sexuality'..

Sometimes i can't figure who's telling the truth or this guy or that guy is writ ing false idealogy by making it appear truthful..

Since i consider myself as a man with a low disciminative intelligence(viveka),t hat seems cannot distinguish if i am getting the right information, i would like to ask your kind help about this internet site that tuckles about brahmacharya. .

What can you say about 'www.aypsite.org'?

I am asking you this cause i believe someone with a chaste mind can really disti nguish or have a keen observations about which is right or wrong especially if i t has been coupled with meditation.The site that i have mentioned had motivate m e to meditate regularly. But, everytime i read the tantra lesson, im getting con fused.

with my folded hand in prayer here, i wish to read from you again.

To Ian abrams also, can you please enlighten us..

Answer
Hello Kane,

Hope you are keeping well. Coming to the answers,

Since I am not aware of the credence, integrity and depth of real knowledge of t he person/people who run the site you have mentioned, I will not be in a positio n to comment on their approach to Yoga.

However, with the well wishing intention of guiding and being of help to you, I shall briefly deal with the approach to Yoga through regular and tantric practic es with a general perspective.

There are two paths to attain Yoga. The right hand path and the left hand path.

The right hand path makes use of the principle of renunciation to help the Yogi overcome the desires and bonds that have kept him anchored to the impermanent ex ternal world and its apparent modifications. The first step in the right hand pa th is to make the Yogi realize the sugar-coated poison like nature of pleasures derived from the five senses of reception and the five senses of action. Once th e Yogi gets an idea of this truth, the right hand path concentrates on the next objective of helping him become independent of his dependence/slavery to these s ense experiences. On attaining to these two objectives, there is still another l ast and final attainment pending. And that is the extermination of past negative /unwanted 'Vaasanas' or tendencies that have been stored in the 'Kaarana sharira ' or the causal body due to past actions or karma. Upon successfully completing all these three tasks to finality, the Purusha or the soul succeeds in the disso lution of the cocoons of 'Avidya' or ignorance around itself and shines in its f ull splendor. The state of self-realization is then said to have been irreversib ly achieved.

The second path of Yoga is the left hand path or the 'Vaama Marga'. As the name suggests, it is the alternate and less traveled, more dangerous risky path. The

left hand path consists of Tantric practices and rites (which may include the use of sex, liquor and such other intoxicants) as the means to achieve the final realization of one's unity with the creator. It is a path filled with risk, danger and extreme peril. On the one hand, the aspirant is trying to free himself from the clutches of lust, passion and related attachments. On the other hand he is using forms of these very same evils in an altered approach to weed them out. The task of establishing oneself in the reality that sense pleasure are impermanent and not really pleasures is itself no mean task. It calls for great efforts and an understanding which can only stem gradually from realization of life experiences for what they are. If one were to approach this tough task using these very same evils as weapons, one can imagine how hard, difficult and dangerous the means become. It is like the case of an ill man who says - " I shall spend more time in the company of disease and ill health and finally come up with a way to ward off my disease". It is like a beginner trying to establish Brahmacharya in the company of a woman of questionable repute with the perspective - " I shall spend a few years with her and enlighten myself on the fallacy of sex, lust, passion and disease and thus become pure and godly". This is a path wholly unsuitable to society in general. It is a path in which ninety nine out of a hundred will fail and get thrown back into the depths of misery and suffering. It is a path that requires a Guru who has himself achieved self-realization through such very means and has the mind to assiduously help the disciple on a one on one basis to achieve the final state.

Keeping all these facts in mind, it is best to stay clear of any form of Yogic practice that even fringes close to the left hand path by advocating the partial/full use of sex or related sense temptations even in 'moderation' and to be riveted to the path of complete purity, renunciation and self discipline.

The safest, fastest and most efficient path that would apply to most classes/mentalities and calibers of people is following the path of absolute purity, renunciation and devotion to God with constant efforts at complete renunciation of all forms of sense pleasures (especially the sex pleasure) following which progress becomes natural and concrete.

Trust I have managed to throw light on the doubts that were plaguing your mind.

God bless and have a nice day :-)
Dhananjay

Question
Hello, Would you please recommend me some books on celibacy.thanks

Answer
Hello Imran :-)

Good to see your interest regarding celibacy.

Below are some of the links you can follow for downloadable online versions:

1. 'Practice of Brahmacharya' - By H.H Swami Sivananda
http://www.dlshq.org/download/brahma_nopic.htm

2. 'The secret of eternal youth' - By Shri Asramji Bapu
http://www.scribd.com/doc/8432000/Asaram-Bapu-The-Secret-of-Eternal-Youth

3. 'Mahatma Gandhi on Brahmacharya' From his biography 'My experiments with truth'
http://www.rkvenkat.org/srvsi.pdf

4. 'Greatly inspiring quotes on Brahmacharya'

http://gopal4mission.wordpress.com/2009/04/04/greatly-inspiring-brahmacharya-quo
...

These should help you with good study material on the subject.
Wishing you success in the path of celibacy

God bless and have a nice day :-)
Dhananjay

Question
Dear Sir, I'm Vijay. I'm practicing brahmacharya for just over 28 days. I go mor
ning jogging and pray God. Whenever sexual thought arises I indulge in household
 activities, chant god's name and go to temple. I'm not practicing pranayama. I'
m not comfortable with it. My question is "Is it necessary to practice pranayama
 for sublimation of sex?"

Answer
Hello Vijay,

Good to know of your interest as regards Brahmacharya. Keep the efforts going. C
oming to your query,

Q: Is 'Praanayaama' or control of 'Praana' a pre-requisite for success in celiba
cy?
A: 'Praana' refers to the net sum of all vital, life energy within. The word 'Pr
aana' is a general term used to collectively denote the five different life sust
aining winds within the body namely:

1. Praana: Aids respiration so as to purify blood in the lungs.
2. Apaana: The downward wind which aids in elimination of waste matter, urine an
d semen for reproduction.
3. Vyaana: The wind responsible for circulation of blood to all parts.
4. Samaana: The wind responsible for effective digestion of food.
5. Udaana: Takes the 'Jivaatma' to the Brahman during sound sleep and separates
the astral body from the physical body at death.

Each of these individual winds have a distinct and unique function in regulating
 life energy within the body and in maintaining the normal functions in the syst
em responsible for sustainment of life.

Praanayaama' (A Sanskrit compound word: Praanasya Aayaamaha - Meaning control of
 the Praana) is hence nothing but an activity that helps in the control of 'Praa
na' or life force through breathing techniques.

Why should one learn to control one's Praana? What does one achieve by doing so?

The external manifestation of 'Praana' or vital force is breath. The body replen
ishes lost Praana through intake of air via breath. By controlling gross breath,
 one can control the subtle Praana within. By controlling the subtle Praana with
in, one can control the mind. By controlling the mind one develops the ability t
o conserve/transmute his semen or the vital essence and thereby becomes peaceful
, contented and all powerful.

The control over one's Praana thus enables a person to regulate and bring under
control all his life activities. It might be compared to how a horseman makes th
e horse listen to his commands through reins. Just as the reins transmit his int
ention to the horse, and the horse correspondingly reacts, one can control the m
ind and thereby the body through control of Praana via breath. The breath-praana
-mind and semen are all connected to each other intricately. Complete control of
 any one of the four automatically helps control the other three. It is difficul

t and not very effective to directly control one's mind or semen. The mind may b e compared to an intoxicated monkey which is very hard to tame and restrict. Tho usands of unconnected thoughts arise within the mind in a few seconds. Based on what the mind wants, the organs of action and the body follow. So what's the way to control the mind? Find out what gives the mind the energy to exist and bloss om. This energy, the mind is deriving from 'Praana' or vital energy and vital en ergy is fueled by breath. If one can develop control over breath, one can easily control the mind and thereby the body. Note how breathing becomes erratic and u ncontrolled in gasps when a person is under the effect of anger, lust or excitem ent. He has no control over his breathing and hence no control over the mind at that instant. Conversely, breathing becomes uniform and rhythmic when we are cal m, peaceful and contented. This clearly shows that by control of breath, one can control the mind and the body.

Exercise, sports and all other forms of regular physical activity also impart co ntrol of Praana in their own way as our breathing patterns change while performi ng these activities. To that extent, transmutation of vital essence occurs, ther eby keeping the mind free from negative thoughts. However, the breathing pattern s that occur during exercise, sports or sprinting have their limitations as rega rds to aiding the complete control of mind, for they are in actuality reactions of the body to the state of physical duress it finds itself in. If man can indul ge in specific breathing techniques fully aimed at control of the mind, his succ ess in celibacy will be more pronounced and notable. Hence it is advisable to gr adually learn the correct method of breathing through Praanayaama that will aid in better control of the mind and thereby help one succeed in thorough Brahmacha rya.

Jogging, sprinting and all other exercises that are carried out regularly contri bute to maintaining the state of Brahmacharya; for these activities help transmu te that part of semen which is required to revitalize the physical body. If one keeps one's mind free from impure thoughts and subjects oneself to regular exerc ise, mental work and spiritual activity (God meditation) success in Brahmacharya is rest assured. Praanayaama is the direct and shortcut method to develop mind and body control to a high degree.

God bless and have a nice day :-)
Dhananjay

Question
Hi, I want to become a very high level brahmachari. So far I have not had a slip for more than one and a half years. I was wondering how advanced does one have to be in order to stop having erections in dreams and the waking state, as tempt ations to masturbate can follow following an erotic dream. Also I heard that Yam araj is afraid of the perfect urdhavereta- I was wondering how many lifetimes th is takes, can the 12 years be accomplished in one lifetime?

Answer
Hello there,

Good to know of your efforts at celibacy. Coming to your queries,

Q: How advanced does one have to be to be free from sexual arousal in the dream state? Also how long does it take to reach the state of a perfect Urdhvaretha an d what is the standing of such a man of virtue in the cosmic cycle?
A: The events that unfold in a dream are due to existing desires in the sub-cons cious mind. Hence dreams are nothing but the depiction of latent desires and urg es in the deeper sub-conscious. Since the power of the intellect and discriminat ion are minimal in the dream state, the mind is unleashed and unbound to functio n as it pleases. Erections that occur in dreams accompanied by erotic thoughts a re due to sexual arousal fueled by latent sexual desires, urges and tendencies p

resent within oneself. The very same tendencies that are indulged in or with held while awake manifest in these erotic dreams. As and when the mind starts becoming more and more free of these urges and tendencies in the awake state, sexual dreams also start reducing in frequency and finally disappear into nothing. True Brahmacharya in thought, word and deed with the grace of god will eventually annul these dreams. The time taken is dependent on 2 important factors that determine freedom from these dreams/erections:

1. The ability and consistency in keeping the mind free from sexual thoughts, words and deeds while in the awake state.
2. Actions undertaken to wash away the past 'vaasanas' or tendencies stored in the 'Kaarana sharira' or the causal body. These can constitute cleansing and purification actions such as the 'Yama', 'Niyama', 'Praanayaama' of a life of Yoga.

Coming to your query 'Is Yamaraj the lord of death afraid of the perfect Urdhvaretha'? We first need to understand the concept of who 'Yamaraj' is. The term 'Yamaraj' refers to the title of an entity in the cosmic cycle who supervises and carries out the job of releasing mortals from their earthly and bodily existence through physical death and evaluates the merits and demerits accrued by these souls to determine their next existence. A perfect Urdhvareta is one who is non-semen producing. Having established himself in his native state of soul bliss the Urdhvaretha rests on the absolute rock of the one and only reality - The Brahman. The complete annihilation of relating oneself with sexual stimuli also follows and it becomes clear that such an Urdhvaretha is none other than the self-realized soul, for unless man has realized the supreme, the tendency for response to sense stimuli cannot be fully negated. Keeping in mind the purity, divinity and oneness that such a soul has with the Almighty Lord - Brahman, it follows naturally that all other entities working below the Brahman in the cosmic cycle also pay their respects to the Urdhvaretha and treat him with a high level of felicitation.

How many years or lifetimes this takes will differ from individual to individual depending on the evolutionary level that the soul has already achieved, the urge within to progress further and the efforts taken to reach such a state. But with honest and true Brahmacharya in thought, word and deed one can be rest assured that progress will eventually come and enlightenment will follow. Our job as Brahmacharis is to plod consistently towards purifying ourselves at all levels and strive to realize our self, following which all merits will come and cling by themselves at the appropriate time.

God bless and have a nice day :-)
Dhananjay

Question
Hello there :)

I was reading earlier in your posts you said cold water has immense Pranic energy or natural cosmic energy filled by Mother Nature. When you heat water this gets destroyed.

My question is does this mean the water would have to be all the way on cold? to where I'm freezing? but don't get me wrong I just tried that today . I started off with a warm to hot shower for about 7 minutes and then changed it to completely cold and felt an exhilarating energy boost and an energy spark up my spine! & only had it on cold for a few seconds then quickly turned it off!. & I don't regret it either . I never felt better coming out of the shower in great mood like that after 5 seconds of a cold shower!.
I don't know what It is but am I suppose to start with a cold shower and end with cold or will a spark do?

p.s
Another thing I wanted to ask about that; should I wait until it's been at least a full month Unbroken Brahmacharya to take pure cold showers because you mentioned that ones body becomes more heated during the practice of Brahmacharya; & I kinda thought cold water would be nothing to my body by then!.

Thanks!

Answer
Hello Pikkon,

Good to know of your interest as regards Brahmacharya. Coming to the queries,

Q1: What is the significance of a cold water bath to the Brahmachari?
A: As mentioned in earlier posts, water in its default form available in nature has abundant 'Prana' or life energy derived from the universal energy in the cosmos. Heating water destroys this energy. The amount of energy lost from water depends on the temperature to which it is heated. The higher the temperature of water, the greater is the loss of Prana. The use of this energy for one's benefit is a technique that the Brahmachari can employ to increase the level of 'Prana' (life force) within his body and thereby aid Brahmacharya. Practice of Brahmacharya by way of transmutation of semen into higher forms of energy makes the level of Prana within one's body gradually increase. However, it is to be noted that sublimation and transmutation of the vital essence via meditation is also accompanied by an increase in body heat.

The following are the primal benefits that can be derived through cold water baths (unheated water):
1. Cools the body by annulling the heat generated from within due to continuous sublimation further to long hours of meditation.

2. Neutralizes the 'heat' produced by sexual undercurrents. Excess sexual energy that is left over even after transmutation, especially when one is a beginner and is still learning the process of sublimation can be negated and stilled to a large extent by a cold water shower or bath.

3. Infuses the body with 'fresh' prana (life energy) from the cosmos. The pranic energy available in the cosmos is extremely potent and powerful. It has the power of energizing and mobilizing a person from tiredness and exhaustion.

4. Soothes the nervous system and helps one get out of slumber, sleep, stupor and related states of inertia which if left unattended can trigger lust and passion.

Keeping these reasons in mind, cold water baths are of high value to the celibate. A hip bath (In a tub of cold water up to the waist) is very useful in cooling the reproductive organs and warding off sexual arousal when troubled by lust.

Q2: What should be the temperature of 'cold' bath water?
A: It is recommended to avoid 'extremely cold' or freezing water and limit one's exposure to moderately cold water or water at room temperature. The act of bathing in cold water must be an enjoyable, refreshing and energizing experience and not a 'shocking and chilling experience! Extremely cold or freezing water can have a negative effect on the nerves and skin and cause undesirable effects. Moderation is the key here and extremes are to be avoided. An effective yardstick as regards temperature would be to use water that is hovering around the room temperature or a few degrees lower and not more.

Cold showers can be taken right from the start of Brahmacharya. It takes a few days to get used to cold water as a bathing medium, following which the activity

becomes enjoyable and refreshing. It is inadvisable to bathe in cold water when one has a fever or some other illness.

God bless and have a nice day :-)
Dhananjay

Question
Dear Sir,

I started practicing Brahmacharya for 1 and half months very strictly and I even felt my mind & body was improving very much than I expected but suddenly I got lustful thought and got into it. I touched myself and lost the fluid 3-4 times i n 2 weeks. After that my mind is very irritated and feeling nervous some times. I do not want to go back to the old habits but my ultimate aim is self realisati on. Please let me know how I can again go back to my brahmacharya practice? Is t here any time duration (days/weeks) before I can start my Spiritual practice aga in? Please suggest me mantra for Brahmacharya also.

Thank you
Murthy

Answer
Hello Murthy,

Hope this finds you fine. Good to know of your interest in the practice of spiri tual continence. Coming to the answers,

Breaks in the path of Brahmacharya at the start occur due to one's long associat ion with recreational sexuality that has made the sexual 'vaasana' or tendency v ery strong and deep rooted. Hence it takes considerable time and effort along wi th God's grace for one to get established in the uninterrupted practice of Brahm acharya. There is no time interval or period required in between a break and re-start of practice. In fact one's attempts and efforts at continuing celibacy aft er any slip/break must be immediate and without delay to ensure smooth flow of e fforts and success.

Since the approach and methods an aspirant can adopt to achieve unbroken celibac y have already been discussed in previous 'past answers' on this portal, I will kindly request you to peruse and go through all the past answers with an eagle e ye and get clear about the subject.

The best and most effective 'mantra' or divine syllable to achieve success is to constantly chant "Om Namo Naarayanaaya" - which means "Salutations to Lord Naar ayana, The Supreme being who resides in the heart of all mankind". Constant repe tition of the Lord's name with reverence, devotion, love and with a request to f ree us from the grip of ignorance and establish our self in the domain of true k nowledge will bear fruits and give success. You can chant the Lord's name and me ditate regularly to help achieve growth in the path of Brahmacharya.

May you achieve success as a Brahmachari and gain knowledge of the self.

God bless and have a nice day :-)
Dhananjay

Question
Hi Dhananjay,

I am now on my 10th day of practicing Brahmacharya;
& I was wondering because it's been only
10 days; is the conserved energy inside me

sleeping but growing until its reached a month or longer?
or can I awaken some of the energy conserved by 10 days of Brahmacharya by doing something active or how does that work?
but I do feel less tired & more alive since I started this practice .

Answer
Hello Mike,

Keep the efforts at celibacy going. Coming to the answers,

It takes a few months to a year of unbroken Brahmacharya for semen to start getting re-absorbed. The first few months do not consist of re-absorption but only non-production of semen further to the body being relieved of its duty of forming semen. Since the aspirant shuns a life of wastage, the body does not have to constantly produce semen as it used to earlier before the onset of celibacy. The relief experienced by the body from being rested of the job of producing semen results in higher energy, strength and vitality. The semen conserved during this initial period goes towards the restoration and revitalization of all the organs in the body and results in improved immunity, heath and vigor.

It is very important to practice Brahmacharya in thought, word and deed keeping the mind free of impure thoughts and effect the process of sublimation through regular physical, intellectual activity and God-meditation if Brahmacharya is to be continued in totality.

This is the difference between the ordinary unmarried celibate and a Brahmachari. While the unmarried man may masturbate or loose his seed through constant wet dreams, the Brahmachari sublimates and transmutes his vital essence into something more powerful and worthy.

Brahmacharya is not suppression or repression of sexual energy but transmutation. A man who merely suppresses and contains the sex desire within causes serious imbalance and danger to his body, mind and psyche and may soon be afflicted with dangerous diseases. The Brahmachari on the other hand keeps his mind pure, bypasses the concept of sexuality and gradually gets free of the 'apparent' and 'false' need called as the 'sex need' conditioned into the mind through years and past lives of recreational sexuality.

Keep your mind occupied with constructive activity, shun impure thoughts, indulge regularly in a sport/physical exercise and set aside some time of the day to indulge in God-meditation. This will make Brahmacharya effective and you will reap benefits with time.

Kindly go through all the past answers on this portal to widen your understanding.

God bless and have a nice day :-)
Dhananjay

Question
Hello Dhananjay,

Thank you for your response to my message about Brahmacharya
in Islam. I was happy reading it. Your selfless contribution
in imparting your knowledge here is very compassionate.
Thank you. thank you.

Sir, Can you share with us how does this so-called 'one-time
try only' child conception achieved?

I have learned from others that after been celibate for a long time, baby conception can easily be achieved by just one-time trying, anytime outside the menstrual period of a woman/wife. No need to calculate when she will ovulate whatsoever,like those been published in the readings by western medical experts. As they say, nature will take the rest to achieve this. All the 'true brahmachari' do is just to ejaculate once to attain it.

Is this true? I would be really happy knowing your views yogically.

Assalamu Alaykum

Answer
Hello there,

Hope you are doing good. Coming to your query,

Q: What is the basis on which a celibate can successfully try for a wanted child from his legally wedded wife?
A: Nature has formulated the sexual act with only one purpose - 'Procreation'. In a true celibate leading a virtuous life, the power at his disposal to bring forth healthy, talented and virtuous offspring is very strong. Further to long periods of celibacy, the best of the sperm get conserved and reabsorbed leading to superb overall health of the body and that of the sexual organs. The sperm motility, density and concentration become enhanced to their maximum extent. Under such circumstances a celibate needs to indulge in the act of copulation only once with his wife (during her fertile period which a doctor can clearly pin-point) to result in conception. If god wills for the couple to have an offspring, this single act of copulation will result in conception. The celibate is required to leave the house further to the act and stay away from his wife for a period of two days as the emotional states of the man and the lady would be volatile further to the act.

It is said that a great soul descends into the womb of a lady who is into a virtuous mode of celibate life along with her husband. Who can ever quantify the merits and benefits of celibacy? They are beyond words and expression! Let us all pray to the Blessed lord to give us strength and ability to succeed in life long celibacy.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
hello,

Thank you for your answers here. It's great.
Can you relate to us 'How does brahmacharya practiced in Islam'.

Though we have different system of belief, it has been for many years till then that i realized the benefits of brahmacharya- which i simply term it as 'chastity'. Yes, i cannot deny the immense energy derived from it ones it is practiced with devotion. It really enhance the practice of meditation for us, it is Salah.

Yet, just wanna tell you that i'm a little cautious about extending it beyond limit. In the Qur'an, in addition of not having sex during menstruation, during daytime of fasting, and during 70 days of Hajj, in Surah Baqarah verse 226 if i'm not mistaken, it is said that it is not allowed to take an oath of not having se

x with ones legally wife beyond 4 months. On the otherhand, masturbation is hara am (means forbidden) from puberty upto marriage (that is, from 14 years old u pto 25. Meaning more or less 13 years).

Because of this, seems like, i'm in the state of doubt or 50-50, weather to purs ue it like upto years. I say this because, i usually break it intentionally ever y after 4 months fearing that i'll commit a serious mistake against the 'divine law'. Not that, i cannot resist the urge because i now find it easy to do it. It is just a matter of following the guidelines of brahmacharya like what you have outline here.

Can you please enlighten my humble inquiry about this sir Dhananjay.

Maybe you already have a glimpse of an inquiry like mine here. I say this becaus e maybe I haven t yet encounter a Qur anic verses about it. Also, maybe there were w ords of wisdom from Muslim saints about this that I didn t yet encounter.

My sentiments here put me into tears due to your answers. I can feel your honest y. I really do.

Wishing you a good day and happiness..

Answer
Hello K,

Delighted to know of your interest in Brahmacharya, Thank you for the questions let me try and answer:

Q: What is the importance of Brahmacharya in Islam and for what periods of time can it be practiced?
A: While I'm not an authority on Islam, I shall answer this question based on th e Universal concept of Brahmacharya, cutting across religion, caste, creed and g eography.

Brahmacharya is defined as Abandonment of and freedom from sexual enjoyment for e ver in thought, word and deed at all places and times". The aim of indulging in this train of thought and action is to free ourselves from the grip of ignorance , delusion and evil and unite ourselves with the supreme creator, thereby attain ing infinite bliss and meeting the purpose of the human life.

There is a saying in the Hindu scriptures "Tad ekam sat, vipraha bahudha vadanth i" - He alone is real, He is only one - The sages call him by various names. It means the supreme creator is only one; religions are only different roads to rea ch him. All religions are true and real. All religions when practiced right lead one to the supreme creator. Mohammed the prophet called him as 'Allah', Hindu s ages call the blessed lord as 'Brahman', Jesus the sage called him as 'Christ'. All these great sages were beyond petty concepts such as hate, greed, fanaticism and ignorance. They preached a religion with the sole aim of liberating mankind from suffering and uniting it with the blessed lord. Any man who is true to him self becomes saintly immaterial of his religion.

Brahmacharya is the direct road to lead one closer to him -'God'. What is it tha t keeps us in the midst of pain and suffering and away from him? It is the resul t of our past sin and ignorance that has wound itself in layers around our 'self '. If man wishes to unwind himself from this sin he cannot achieve it without th e practice of celibacy in thought, word and deed. By the honest and true practic e of celibacy for even a few months anyone can personally observe that the inher ent nobility, kindness, love, affection, strength, peace of mind and sheer bliss present within starts to surface. In other words man starts to unwind himself f rom the grip of pain and starts moving towards the domain of supreme bliss. He s

tarts his journey towards perfection and eternal divinity.

In the Qur'an it is said: - "Surely, men who submit themselves to God and women who submit themselves to Him, and believing men and believing women,and truthful men and truthful women, and steadfast men and steadfast women, and humble men and humble women, and men who give alms and women who give alms, and men who fast and women who fast, and men who guard their chastity and women who guard their chastity, and men who remember Allah much and women who remember Him Allah has prepared for all of them forgiveness and a great reward. (Al---Qur an, 33:36)

What does this signify? It directs man to surrender himself to the lord, be kind to fellow humans, follow the path of truth, indulge in austerities to cleanse ourselves and follow a life of celibacy to disentangle ourselves from the grip of evil.

Mohammed the prophet has clearly stated in the Qur'an that the aim of Islamic teachings is to help one progressively transcend from the natural state to the moral state and from there on to the final and high spiritual state.

Allah further says:- " Follow not the footsteps of Satan" - (Al-Qur an,2:209)
Here the footsteps of Satan are all those activities and temptations that take one away from Allah or the supreme creator. When Satan or ignorance beckons us to follow him, it doesn't show us the ultimate destruction it is leading us to. Rather it makes us take one small step at a time which appears harmless. Once a few steps are taken on this slippery slope called evil, Satan's (Ignorance and delusion's) job is done and one is sure to slide helplessly to his doom. So it becomes very important never to even take the first step and keep oneself ever vigilant against lust.

It is further said:-
Indeed he truly prospers, who purifies himself" - (Al-Qur'an, 87-15)
Indulgence in the sexual act however less frequently keeps familiarity of the sex sensation as a source of delusive pleasure alive. As long as this familiarity is kept alive, the gates of purification cannot open.

The sexual act is legitimate for only one single purpose - 'Procreation'. The moment man indulges in this act for a purpose other than producing offspring; he is offering a seat to Satan or ignorance in his mind, body and psyche. The Holy Hindu sages have declared A man can visit his wife and have intercourse with her once per wanted child".

The concept of sex for pleasure in marriage is a trick resorted by those who have no other bond other than the bond of physical sex. This concept is not true love. True love is never selfish. True love doesn't require the gratification of carnal pleasure to support itself. Man and wife can enjoy true bliss and togetherness once they practice a few months of combined celibacy. They will then see the real benefits of chastity and the deep, true love that blossoms between them which was never there while being in a sexual relationship. It is hard at the start to go into such a life, but then nothing special comes without effort.

It is said that a man and wife who practice celibacy with purity incur the appreciation and blessings of Gods from above. No statement can be truer. Words fail to describe the bliss, positivity and strength gained by such a mode of life. I would request people to get a real taste of this concept by leading a life of celibacy for a few months and see how their life improves at the mental, physical, material and spiritual levels for themselves.

If you are practicing periods of celibacy lasting up to four months, it is a clear sign that God is already with you and has his hand upon you. Only a handful of people succeed in remaining celibate for such periods of time. I would request

you to take your wife into confidence towards reaching longer periods of celibacy and finally becoming a celibate for life. One reaches great heights further to such a life at the physical, mental, moral and spiritual levels and loses nothing.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
Dear Dhananjay,
I'm a guy that plays sports(Basketball) and the weird thing is, when I abstained from sex for 18 days, every time I woke up in the morning to work out, I felt very light on my feet, it was like my (light body) had increased and my focus was on point, my whole body felt tightened and wholesome,very fast and strong on the court than I ever was and even jumped higher gracefully without no waste of energy, no fatigue, It was almost like as if I was invincible and could do what ever i wanted as a point guard. But when I got caught up in sexual activities, I felt a huge drainage of energy expelled from my body, mentally and physically weaker, fatigue started to set in and I just didn't feel like doing anything. At first I felt like a super being, I need to know if that came from the 18 days Brahmacharya practice and what was taking place in my body during that period of obstinence?

Thank You
Troy

Answer
Hello Troy,

Great to see you are experiencing the effects of Brahmacharya.

Brahmacharya is the gateway to superior success and accomplishments in every walk and field of life be it materialistic or spiritual. By conservation of his vital fluid man can achieve the impossible. Semen is the net sum of all energy and greatness within man. He who wastes this vital fluid for recreation ultimately loses everything while he who conserves and transmutes this great essence will shine like a star in whatever endeavor he engages. The purpose of the sexual act is procreation (production of offspring) and not recreation.

When you remained celibate for a period of two weeks or so, your body went through freedom from regeneration of semen, which it has to with great stress in a person who constantly loses semen. To get a clear idea of how this actually works, kindly go through past answers on this portal with the following titles:

* " Forms of semen"
* "Advice on technique"
* "Inquire"
* "Is sex, lust bad for health"

This will help widen understanding and throw light.

God bless and have a nice day
Dhananjay

Question
Hello Sir,

I wished to know what is meant by brahmacharya for women, since they don't have their sexual organs outside the body like men. What actions constitute the emulation of self-gratification akin to men? Do online emotional relationships with many men create problems for a women later in her married life? Do activities like partying, socializing and talking with men on a regular basis have the same harmful effects as for men? What is the effect of such behavior on her emotional quotient and understanding with her future spouse?

Thank you,
Amit

Answer
Hello Amit,

Hope you are keeping well. Coming to your queries,

Q1: How does Brahmacharya apply to women?
A: So we don't repeat ourselves here, I will request you to go through the post- 'Celibacy and women Dt: 11th January 2011 for the answer.

Q2: What are the actions as regards to women that are detrimental on a parallel note as in the case of men.
A: The same actions that cause damage to men hold good as regards to women also. These include sexual fantasy, pornography, masturbation, actual recreational sex and all other forms of sexual arousals. To sum up, all waste of mental, physical and emotional energy through sexual thought, word or deed lead to wastage of the vital essence in both men and women on an equal footing.

Q3:Do online emotional relationships with many men hurt women?
A: An emotional relationship is an emotional relationship immaterial of whether it is online, offline, thought-level, verbal or physical. Energy is expended in all these cases and attachment blossoms. This will eventually lead to interactions and involvement at a deeper level and finally cause sorrow, pain and loss of vital essence in case of both men and women.

It is very difficult for either a man or lady to be immersed in an environment filled with sexual, amorous and sensual undercurrents such as a party and yet adhere strictly to the tenets of Brahmacharya. For this reason, aspirants would do well to shun such environments that cause mental duress and instigate the latent lust present within. If a man or woman were to get deeply involved and addicted to such settings, the tendency to revel in such surroundings gradually increases and finally causes downfall in terms of Brahmacharya.

God bless and have a nice day
Dhananjay

Question
Hello,
I am interested in knowing the exact meaning of "Brahmacharya" mode of life please. I am a 40 years old and married living with my wife and 2 children.

Answer
Dear Sriharsha :-)

It is nice to see people showing interest in 'Brahmacharya' considering how beautiful its results are on the practitioner. I will try to put forward the answer as completely as possible.

Literally speaking the word 'Brahmacharya' is a compound sanskrit word resulting from the combination of the words 'Brahman' and 'Charathi'. The word 'Brahman' means the Almighty lord, while 'Charathi' means to roam. The resultant word means 'To roam in Brahman or the Almighty'. A man who practices the same is called a 'Brahmachari', immaterial of what his marital status is.

Coming to the practical and effective meaning, 'Brahmacharya' is a state of mind, body and consciousness in which a man essentially adopts a state free from sexual/ sensual thoughts, actions and attitude. It is a state adopted by man to free oneself from the dualities of earthly life and embrace the unipolar state of 'Ananda' or bliss whose best manifestation is in the creator, the Blessed Lord.

In case of a married house holder, sexual activity assumes righteousness when indulged in with the following objectives:

1. In producing wanted offspring.
2. In creating a healthy marital bond, especially with newly weds during the initial period of wedded life.

As a legally wedded couple progress in time through their marriage, nature ideally programs them to rely less on sexual activity in maintaining this marital bond and shift to more substantial parameters such as kindness, true love, understanding, companionship and togetherness. Thereby, while a single unmarried celibate man is required to abstain from all forms of sexuality, a house holder or 'Grihasta' is allowed sexual contact only with his wife to produce wanted offspring. A householder wishing to adopt the 'Brahmacharya' mode of life should work towards achieving this state of mind and action in his marriage, whereby he acquires the same benefits a single unmarried true 'Brahmachari' begets in his path of self-realization.

Hope this answers your question, Get back to me for clarifications if any

God bless and have a nice day Sriharsha :-)

Question
I want to be a nun but I'm worried about the chastity part because I am a very affectionate person. I don't want sex but it seems like a healthy thing to hug and touch people with love. Do you think this is ill-advised, even between two people of the same gender with no homosexual leanings?

Answer
Celibates do touch and hug people, particularly our spiritual brothers (and in your case, sisters). It would be good to keep a good distance from the opposite sex, though if you feel everything is innocent, it would be fine on occasion.

It has been noticed that people who pray and meditate a lot are not fond of touch. I have seen stories that infants need lots of touch, but I don't know if that is true. If it is true, that's perhaps because of a special stage they are in, that they haven't been weaned and what not.

So in short, I think touching is neither here nor there. Using your rosaries every day and reading great works like Teresa of Avila's "Interior Castle" will bring you closer and closer to God. You can do more walking in nature and start seeing God in all things. And eventually you'll enjoy your time alone as much as you do with others. Then you'll prefer being a lone... then you won't care about touch - just like me :D

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---------- FOLLOW-UP ----------

QUESTION: What about the physical effects of never having a sexual release? They say the body needs this release. How might the buildup of sexual tension affect one's physical health?

Answer
Thanks for your question, Billie. I hope this response is of some help to you:

Q: What about the physical effects of never having a sexual release?

A: If there is nothing to release, there can be no physical effects of it. The cause of toxic build up typically is stress. For males that can be looking at over-exposed or dressed-up females. The frustration can build up stress. Anger also is a large stress factor.

In females, excess toxic buildup leads to heavy periods. Conversely, the great saints and female gurus of the past and today typically report having no period at all. In my personal experience, I had a friend whose period would get very heavy if she drank coffee, smoked cigarettes or ate chocolate (candy). I also knew a woman who went on a low-calorie diet of perhaps one apple or piece of bread per day, in addition to reproductive restraint. She became very high energy for the whole 3 months of the experiment, and she also did not have a period for 3 months. Doctors and friends told her this was dangerous, but she was flying as high as a kite. In this sense we can see why

In celibate circles, the male wet dream is known as "the male period". Wet dreams occur for celibate men typically once per month - just like a female period. And just as a period for a woman is normal, the male period is also normal. As these celibates get more and more holy, less and less toxified, the periods reduce and sometimes disappear into nothing. It is typically extrapolated in religious, celibate and monastic circles that Christ and Buddha were not just celibate, but also free of this period.

So the simple answer to this question is: the key for the celibate is to not build up these toxins in the first place. The effects of having these toxins and not releasing them this way, would logically be to release them some other way and through some other system.

Build up vs. Release

Some people bill release of toxins as necessarily good. We hear this praise of detox in all popular media. For example, we have this article concerning crying :
http://www.thirdage.com/healthgate/files/14240.html
The implications of the insinuation that "crying is good for you" would be: the more you cry (release stress tears) the healthier you are. But if you cried eve ry day, would you find that healthy? Would you feel good? Perhaps a person who cries every day would feel horrible.

In terms of celibacy and abstinence: we must eliminate the lust in our hearts wh ich then wants release. It is not enough to just be physically restrained. (Ca strated men, reproductively not functional people still retain the same lust pro blem that normal people have).

Q: How might the buildup of sexual tension affect one's physical health?
That kind of tension is as unhealthy as any other kind of stress, and should lik ewise be eliminated to the best of one's ability.

Question
QUESTION: Hi Ian, I am a regular visitor of www.celibacy.info. I am striving har d on the celibate path. I asked Akkrish a question, but he wasn't sure- it is th at if one is celibate but another person masturbates, would the other person's o uter world manifest chaotic disturbanced related to the chaste person?
I also have both ebooks bliss of the celibate and gifts of the mystics from Jul ian Lee. When you say you are collaborating with him, does that mean the two of you are bringing out an updated version?
You might also be interested in helping out teens at govteen, there is alot of darkness in this subject there, maybe we could form our own group there!

ANSWER: Thank you for your questions, Sanj.

Can one person's karma transmit to another? Well that depends on who the other is. Light and holiness are such that, when in abundance, they can dissolve all darkness. Sages and saints have little if any difficultly with the karma of oth ers. Yet for most of us, karma can be absorbed in different degrees.

For example, the monks in Tibet and other Tibetan regions refuse to shake hands with anyone. The reason they give for this is that someone they shake hands wit h may be a smoker, and smokers (in their view) have extreme amounts of karma.*

One method to reduce karma transference is to avoid touching people. Try to spe ak only to those with clean language. If others come to you with problems, try to explain to them that sins are better described in vague terms and not in clea r specifics. If you adopt these methods, you'll absorb far less karma from othe rs.

After many years of practice, you'll have enough positivity that the karma of ot hers won't effect you very much, and you can do things like Mother Teresa and ev en touching dying people on a daily basis. It's something to look forward to af ter long practice.

Concerning "Bliss of the Celibate", that isn't a question directly related to ce libacy so that can't be answered here. The same is true of the govteen issue.

Hope this helps!

* This view is as such: Though cigarettes are legal, they arguably have just as many side-effects as "hard drugs". Each cigarette has about 5 grams of nicotine , and only 50 grams of nicotine kills a human being. The drug is 14 times more addictive than heroin. The heart races when smoking. And smokers do not smoke once a month or even once a week, but many times per day. In China proper the a verage is around two packs per day. And each smoker pollutes the air of all oth er people, and they litter their highly toxic butts all over the streets and in parks. The butts soak into water and kill water mites, which then starves fish and reduces fish populations. The birds pick up butts to use them as nest mater ial, which then kills the offspring.....

---------- FOLLOW-UP ----------

QUESTION: Thank you- does that mean once I remain chaste my own personal world w ill remain good, even if others engage in masturbation? Also, is there a techniq ue to get to control dreams, it seems that sexual desire is at it's strongest du ring nighttime.

Answer
Yes you're personal world dream will get more and more positive, as long as you take the measures I mentioned above. You should really be communicating as much as possible with people who have clean language and discretion and limit your s aving activities to within your abilities to overcome negativity. I realize tha t you want to save many youth (as do I), but we may have to limit those activiti es to within our range of positivity.

Something that really helps with the dream state is being an early bird, not dri nking or eating after dark, spending more time with positive people and in group activities, and sleeping on a hard surface with rougher cloth sheets.

Hope this helps!

Question
hi dhananjay!!
first of all let me thank you for providing guidance to
everyones.
questions:
1.Does a slip in celibacy of a month bring you to the same
level as that before practicing?
2.does a long time celibacy affect your fertility?
3.how to cope up with depressive mood following the breakage
of vow.?
i feel much depressed after i slip after a strict focused 10
days.,it seems to me that all that effort has gone waste
just due to moments slip.

Answer
Hello Sural,

Good to know of your interest in celibacy, coming to your query

Q1: Does a slip in celibacy after a month from start bring one back to the same level?
A: Conservation and transmutation of Semen results in a corresponding increase i n the 'Prana' or vital energy, the source of all life and greatness. A slip in c elibacy does harm to the celibate on the following fronts:

1. It drains the 'Prana' or vital energy that had being conserved. Semen once lo st can never be recovered. The body has to again start the production of more se men at the cost of more life energy. To this extent man loses 'Prana' or life en ergy irreversibly. On a parallel note, his ability, success and greatness will r educe by that extent.

2. A slip in celibacy, re-familiarizes man with the sexual sensation as a source of delusive pleasure. One of the aims of celibacy is to kill the familiarity of the sex-sensation. This purpose gets compromised.

At the physical level, a slip in celibacy is like taking two steps forward and o ne step backward. Mentally and at the Karmic level (At the level of the causal b ody) it almost amounts to a reset back to square one.

Sri Ramakrishna Paramahansa the great saint has said:- " The entire process of r aising the Kundalini, by spotless celibacy for a period of two years is lost wit h one single act of ejaculation. The aspirant has to start all over again".

At the beginning of celibacy, slips do happen. Take an oath to be celibate for t en days, then increase it to fifteen days, then to twenty days and so on. With s uccess in longer and longer periods of celibacy, the tendency to slip reduces. O nce three months of absolute celibacy are achieved, the going gets easier. After completion of a year of unbroken Brahmacharya, one gets transferred to a differ ent domain of peace, power, bliss and virtue. Cosmic energies start working in f avor of the celibate. The first year of celibacy is fraught with troubles and ob stacles as purification at the physical and mental level occurs. With honest eff orts and devotion to the lord, success is assured.

Q2: Does longtime celibacy affect fertility?
A: In reality a true Brahmachari is more potent and virile than the healthiest youth. If he marries and aspires for offspring, the couple can achieve conceptio n with a single act of copulation during the wife's fertile period, if god wills them to have a child. Normal men need to try for many days or months to accompl ish this objective. Such is the power and sperm concentration in his semen.

Brahmacharya is not suppression of the sexual force but transmutation. Brahmacha rya makes a man get closer to perfection and will never harm the aspirant as lon g as his practice is correct. Chastity is to be followed in thought, word and de ed. Mere physical celibacy with impure thoughts results in repression of the sex ual force and will not bear fruits. The myth that Brahmacharya leads to infertil ity has sprung from people who haven't been true to the practice in thought, wor d and deed and who might have thus faced physical problems. To sum it up, true c elibacy increases fertility!

Q3: How does one face the depression further to a slip?
A: A slip only indicates that our efforts are not up to the mark. It shows we ne ed to strive more honestly, sincerely and in the correct direction with prayer t o god for success. Adequate physical, mental activity and god-meditation on a d aily basis are an absolute must if one wishes to break free from slips and wet d reams. We fail due to our own shortcomings, none are to be blamed.

Semen is the net sum of all power and life within man.
The 'Saptah Brahman' - An ancient treatise on Dharma says :-"Semen is brightness , strength and self (Atman or the soul).

When man loses semen he is losing a part of his very self, a part of his very li fe, being and existence. It is irreversible. The resulting depression is enormou s and beyond words. The best way to avoid this depression is not to slip in the first place! However if one does find himself a victim of slip, he should immedi

ately get at the root of what caused the slip and ensure non-recurrence of the c ause. Meditating on god with devotion and sincerity, asking him to give strength to win over the senses will help. Also important is to busy oneself with constr uctive work and build a resolve to stay true to the oath of celibacy.

Finally words from the mouth of none other than the blessed Lord Shiva
as told to Goddess Parvati which should serve as an inspiration for all celibate s:-

" Na tapo tapahah ithyaahu Brahmacharyam tapothamam |
Urdhvareto bhaved yasya, sa devo na tu Maanushaha" ||

Meaning:- "There is no penance which equals Brahmacharya. Brahmacharya is the hi ghest and loftiest of all penances |
The Urdhvareta saint who practices Brahmacharya is not a human being but a livin g god" ||

Trust this helps
May you achieve great success in celibacy
God bless and have a nice day :-)
Dhananjay

Question
sir you previous reply was amazing.
sir I have one more question.
Being a student of B.Tech I haven't got any job yet,where my
other friends are joining soon in their job.These sorts of things are really tau nting me and putting a destabilized effort on practising celibacy.Can you sugges t some remedies of how can I come out of this problem?Desperately looking for yo ur suggestion.

Answer
Hello Sagar,

Trust you are keeping well. Coming to your query,

Q: How does one stay on the track of celibacy further to distractions generated by the highs and lows of life?
A: Our present life is a result of out past actions and we are the architects of our destiny. The highs and lows that we encounter in life are the product of ou r past deeds and more importantly the best path for the soul within us to evolve and refine its state of evolution. While untoward incidents in life might tempo rarily cause despair and frustration, these incidents are life's way of remindin g us of the mistakes we might have committed and an opportunity to grow beyond t hese mistakes and evolve further.

As the saying goes - "All that happens, happens for the good", every life situat ion and experience is meant to make us amend our shortcomings and take us one st ep closer to perfection. Unless we experience failure in a given activity, we wo uld never get to know the deficiency within us that led to the failure. We would continue to float in the imaginary world construed on presumptions regarding ou rselves which most often station themselves far from the truth.

Failure makes us analyze, ponder and contemplate in-depth into the gross reality behind our thoughts,actions and tendencies that kept us away from success. Fail ure is man's best friend as it is the only state that portrays things for what t hey actually are, unlike success which most often has the tendency to make man f ly in an imaginary world of fantasy assuming himself to be invincible and unblem ished. The man who first tastes failure and then attains success is much more po ised to succeed in maintaining his state of success as compared to the one who i

s intoxicated with the delusion caused by continued success without having ever known the reasons that cause failure. For this reason, failure is the best stepping stone to success.

For the celibate more than anyone else, every instance of failure is a golden opportunity to focus on the shortcomings within himself which led to failure and improve on his past performance. When we honestly delve into what kept us away from success, we most often find numerous valid reasons within our own selves that directly or indirectly worked against us at the practical level.

Success eventually comes and more importantly stays when we take life's fall's as a second chance provided to prove our true might and potential. The way to success would be to focus our efforts and concentration on efficient action and avoid thinking about the outcome. Further to efficient, persistent and sincere efforts with a positive outlook on life, success has nowhere else to go but reside in such a doer.

God bless and have a nice day :-)
Dhananjay

Question
Ive been celebate for the past two and half yrs, ive chosen not to date so i can focus on other things(Im 28yrs old and becoming a pastor). Ive been sober for 3 yrs (alcohol was my drug). my sobriety is solid, the thing im struggling with is celebacy. Ive chosen not to have sex until marriage but lately this urge is just so strong. Almost overwhelming. Any suggestions would most definitly help. Thank you

Answer
Oh, Holly!

You know if you think about it, there are many, many wonderful things we could be doing instead of lusting. We sometimes just need to make a list and organize our energies a bit.

Today, you could:

study a new language, plan a trip, call an old friend, invest in a new project, fix up the house, help someone in need, volunteer for more work at your church, copy scriptures, meditate, make a list of things you're thankful for, write a letter to your dad, make some webpages teaching people the joys of chastity, sobriety and service to the Lord....

And if I may make one other suggestion: we can say that we sinned in the past - as most people have - but not to be specific about it. The day we are really over what we have done and stopped identifying with that behavior is the day we refuse to relive that life through our words. I, too, have a sinning past, but that's about as far as I'll go into detail about it. Being vague about bad things in the past helps us clear the images out of our mind, and stops us from spreading the images to others.

Congrats on the chastity and sobriety! We now have the time to do the really important things in life.

Hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question

Hello Sir,
Hope You would be fine .
Sir few days while maintaining my continence I went through a derogatory act. I couldn't succeed to qualify my Bank exams for which with rebellious mind I lost my balance and started pouring blame to God and started watching porn although I never wanted to do this.I have started loosing my faith from God. So Sir Can yo u help me to redeem from such mentality. Thank you .Hope you won't mind

Answer
Hello Sagar,

The one and very important fact which each one of us should remember is that God - The Almighty is the most impartial, just and kind entity ever to have been an d ever to be. This entire universe is his creation and each and every soul is a fragmented part of him which is as divine and blissful in nature as he himself. The layers of 'avidya' or ignorance surrounding our soul make us forget our true nature of unparalleled bliss and go in search of temporary and impermanent sens e pleasures which are really not pleasures at all but doorways to pain and suffe ring. When we strive for something and succeed, we wrongly assume ourselves to b e the doers responsible for our success and walk proud with our head held high. But when we strive for something and fail, we blame God for the failure and curs e him for the stroke of bad luck. Does this make sense? Isn't there something fu ndamentally wrong in this concept?

The real concept, the real fact and what we may call absolute reality is somethi ng quite different. God, in his divine cosmic dream drama called life has set a particular part to be played by each and everyone of us. We are all actors in th is dream drama of his and he is the director. Being the director, God decides wh ich part each and every one of us should play. He decides that one of us should play the part of a Lawyer - and no matter how hard this man tries to become a do ctor, he will fail and will only end up taking up a law course and practice law. Another man might study law with a desire to practice law but after a few years of his practice, he gets the chance to set up a business and becomes a business man altogether giving up his law practice. What does this show? It shows us that it is not we who decide what we should become or not become in life but that th ere is a very powerful force above us which has already decided what each and ev eryone of us should do. This great force has already cast us in a particular par t in the life-drama.

It is an act of ignorance when people credit themselves with the success they ac hieve and tell themselves and others how smart they have been in reaching such a state in life or in having acquired such wealth, title or position. The reality is that it was co-incidental that they happened to choose the very same profess ion that God had already chosen for them in his life-drama and thus it appeared as though they were the cause behind the spectacular success.

Q1. So what is the right approach to life?
Q2. How should one decide what to do and what not to do?
Q3. What should be the central theme around which one should hinge his life obje ctive?

A/Q1: Ours is not to question, interject, make others responsible or to blame an yone. Ours is to put in our best efforts and then be silent and witness. Based o n our past karma, our present efforts and his own decision in deciding which par t we shall play in the life-drama, God will show us a way and will make us do wh at we have to do in this life whether we want it or not. Our right is to the act ion alone and never to the fruits. Let us do our part as actors with honesty, si ncerity and truthfulness... HE will decide the outcome and that is not our conce rn. Keeping this in mind and moving along with the current in the river, our lif e becomes smooth and easy.

A/Q2: Each and everyone of us are connected to the Lord through strings that he holds. We are like puppets controlled by the puppeteer. Immaterial of whether th e puppet wants to dance or not, the puppeteer will make it dance if he so decide s as it is he who holds the strings. When we put in our best efforts and stand a side watching silently, God will let us know in what direction our next step sho uld be. Let us not be attached to our actions or have expectations regarding the outcome. Let us be neutral and flexible. Then we become fully in synchrony and in match with HIS pull of strings. As soon as there is no resistance from our si de at the pull of strings, there is no more pain, worry or unhappiness.

A/Q3: The central theme around which one should hinge his life objective should be realization of the master super power called GOD. Things like our profession, our likes, dislikes, success and failure are only events which occur in this li fe-drama. They have no bearing on absolute reality. Let us not waste our time an d energy getting caught up with these petty things of little value. Based on HIS divine will, God will decide what each and everyone of us should become or not become. Let us work hard at the opportunities he gives us and watch silently on what happens, all the time being unattached to the fruits of our actions and ful ly attached to HIM -The Almighty/All pervading master of masters. He will take c are of us and show us the way.

God bless and have a nice day :-)
Dhananjay

Question
Sir, I'm vikram, 25 years old. I'm trying to practice brahmacharya, but I can't do it. I've broad band internet connection at my house. I can't disconnect it, b ecause it is given to me for education purposes by my father. I've the bad habit of watching porn in internet. I try to control myself and motivated to practice brahmacharya. But, that lasts for only 7 days. After 7 or 8 days I start watchi ng porn again. Tell me any idea, so that I can eliminate my porn habit.
Thanks.

Answer
Hello Vikram,

Trust this finds you fine, Coming to the answer,

The following measures should help overcome watching of porn:

1. Install a good net-filter/web protection system such as 'BLUECOAT K9 WEB PROT ECTION SYSTEM' to prevent access to forbidden content. It can be freely download ed from the main site http://www1.k9webprotection.com/

Upon installation, ask someone you trust such as your father to choose a passwor d. Let the password not be known to you. This will cut access to unwanted conten t on the net.

2. The internet, a powerful information highway has been made available to you b y your father with the good assumption that you will improve your knowledge in a ll fronts and so as to help you fare better in your education. Misuse of the sam e for derogatory and perverse activities such as watching of porn amounts to han ds on cheating and letting down the trust and love that your parents have repose d on you. It is the primal duty of students to cultivate good habits, excel in e ducation, develop good health and strength and most importantly build a sound an d respectable character so as to help themselves become worthy individuals. Watc hing porn will lead to irreparable damage at the physical, mental, emotional and psychic levels in course of time and cause decay and degeneration of the person beyond repair. Always remember this fact and take an oath to stay clear of porn

and enforce it at all costs.

3. Wake up very early in the morning on a daily basis and indulge in regular physical activity/exercise/sports. This will convert sexual energy into health and strength and the tendency to waste the vital essence will diminish.

4. Stay clear of peer groups/friends who indulge in lustful talk/deeds. The company we maintain plays a very important role in deciding our line of thought, action and tendency. Practice of Brahmacharya is not possible if a man is addicted to such company or thought. One has to decide which path one wants to choose...The path of sensual pleasure and decay or the path of health, mental clarity and God bliss.

5. Indulge in God-meditation for about 15 minutes everyday to start with and pray to God to help you tide over the habit of watching porn with all sincerity and devotion. Within a few months of determined and honest efforts, God will undoubtedly extend his helping hand. But the intention, desire and efforts taken to establish absolute Brahmacharya must be very sincere and true. Based on our efforts we can without doubt expect an equal and matching degree of support from God.

6. Give up the act of masturbation all at once. Wastage of seminal energy will strengthen the tendency for more wastage and finally drive man into premature old age and incurable disease.

Kindly go through all the past answers on this portal to get a deeper understanding of Brahmacharya, its benefits and ways to achieve it.

With serious and sustained effort, success will slowly start to trickle

God bless and have a nice day :-)
Dhananjay

Question
QUESTION: I want to be a nun but I'm worried about the chastity part because I am a very affectionate person. I don't want sex but it seems like a healthy thing to hug and touch people with love. Do you think this is ill-advised, even between two people of the same gender with no homosexual leanings?

ANSWER: Celibates do touch and hug people, particularly our spiritual brothers (and in your case, sisters). It would be good to keep a good distance from the opposite sex, though if you feel everything is innocent, it would be fine on occasion.

It has been noticed that people who pray and meditate a lot are not fond of touch. I have seen stories that infants need lots of touch, but I don't know if that is true. If it is true, that's perhaps because of a special stage they are in, that they haven't been weaned and what not.

So in short, I think touching is neither here nor there. Using your rosaries every day and reading great works like Teresa of Avila's "Interior Castle" will bring you closer and closer to God. You can do more walking in nature and start seeing God in all things. And eventually you'll enjoy your time alone as much as you do with others. Then you'll prefer being a lone... then you won't care about touch - just like me :D

---------- FOLLOW-UP ----------

QUESTION: What about the physical effects of never having a sexual release? They say the body needs this release. How might the buildup of sexual tension affect one's physical health?

ANSWER: Thanks for your question, Billie. I hope this response is of some help to you:

Q: What about the physical effects of never having a sexual release?

A: If there is nothing to release, there can be no physical effects of it. The cause of toxic build up typically is stress. For males that can be looking at o ver-exposed or dressed-up females. The frustration can build up stress. Anger also is a large stress factor.

In females, excess toxic buildup leads to heavy periods. Conversely, the great saints and female gurus of the past and today typically report having no period at all. In my personal experience, I had a friend whose period would get very h eavy if she drank coffee, smoked cigarettes or ate chocolate (candy). I also kn ew a woman who went on a low-calorie diet of perhaps one apple or piece of bread per day, in addition to reproductive restraint. She became very high energy fo r the whole 3 months of the experiment, and she also did not have a period for 3 months. Doctors and friends told her this was dangerous, but she was flying as high as a kite. In this sense we can see why

In celibate circles, the male wet dream is known as "the male period". Wet drea ms occur for celibate men typically once per month - just like a female period. And just as a period for a woman is normal, the male period is also normal. As these celibates get more and more holy, less and less toxified, the periods red uce and sometimes disappear into nothing. It is typically extrapolated in relig ious, celibate and monastic circles that Christ and Buddha were not just celibat e, but also free of this period.

So the simple answer to this question is: the key for the celibate is to not bui ld up these toxins in the first place. The effects of having these toxins and n ot releasing them this way, would logically be to release them some other way an d through some other system.

Build up vs. Release

Some people bill release of toxins as necessarily good. We hear this praise of detox in all popular media. For example, we have this article concerning crying :
http://www.thirdage.com/healthgate/files/14240.html
The implications of the insinuation that "crying is good for you" would be: the more you cry (release stress tears) the healthier you are. But if you cried eve ry day, would you find that healthy? Would you feel good? Perhaps a person who cries every day would feel horrible.

In terms of celibacy and abstinence: we must eliminate the lust in our hearts wh ich then wants release. It is not enough to just be physically restrained. (Ca strated men, reproductively not functional people still retain the same lust pro blem that normal people have).

Q: How might the buildup of sexual tension affect one's physical health?
That kind of tension is as unhealthy as any other kind of stress, and should lik ewise be eliminated to the best of one's ability.

---------- FOLLOW-UP ----------

QUESTION: What about the toxic build up from a typically American diet? Is there any nutritional approach that helps to support a celibate lifestyle, or any kin

d of eating you find is detrimental to remaining pure?

Answer
This is a very good question.

We see that in Chinese medicine and reflexology, that the mouth is directly conn ected to the genitals:
http://www.blackherbals.com/skin_healing.htm
[see "Face Chart 2. Reflexology Face Chart" in the middle of the page]
It is commonly known that if there is a sore on the mouth, the same sore may app ear on the genitals.

So seeking stimulus or entertainment from food is very much a sin, and it will d efinitely lead to breaking the celibacy vow. This is because entertaining food - as you suggested - contains and creates many toxins which then may seek releas e through the genitals. Also, entertaining food may be spicy, hot, garlicky, et c., all of which are stimulating generally - not just to the mouth or the stomac h. Sweet foods are perhaps even worse, as they feed parasite populations throug hout the body. The opposite of these entertaining flavors is salt (which boosts the yin, or grounding power) and bitters (which actually kill parasites through out the digestive tract). Bitter foods include raw green vegetables, the cores and peels of fruits, and things like bitter melon.

In the end what must be remembered is that we are not on this earth to be entert ained from moment to moment, but rather to know what is God. Atheists may want to hear this explained as a consciousness of energy, which is diametrically oppo sed to a general focus on mass or material.

In the Vedas, "meat eating" can mean either eating meat or fornication. In the Bible, God says to Christ, "Behold the herbs of the earth - they shall be your m eat". Fornication and literal meat eating both have a toxic, stupefying energy to them. Especially the flesh of farmed animals has not only the toxic material of animal waste products and acids formed from fear, but actually the energy fi eld of fear and death itself. To answer those who point out that plants have fe elings I will add - yes, eating plants is killing, and plants have some of that negativity in them as well. But a cow has killed a million plants before you ha ve killed it (or worse - hired someone to kill it), so in the question of degree of course meat eating is much more harmful.

What is recommended is "satvic food". That is, bland, vegetarian (milk permitte d). Also, food and drink should not be consumed after sundown. To maintain a s unny disposition we rise early and should be in bed - stomach empty - by 11pm at the very latest. This decreases pressure on the lower regions during sleep, wh en the mind tends to fluctuate wildly.

Though milk is a very toxic substance materially, it does retain some of the spi rit of the cow, which is very noble and nice. So milk is not discouraged.

And as stated concerning the consumption of plants - any eating is a form of kil ling. Food is a gross form of energy only. So in the end all of us striving to know God will work to eat less than most people and often go on fasts.

Hope this answers your question!

Question
Hi

I am a 22 yr old girl. I have been working in the corporate sector for the last 1 year. I was having sex with my boyfriend since past 4 years (once or twice a m onth), but more frequently in the last one year(once or twice a week). I had to

go visit another country 2 weeks back. I am becoming increasingly frustrated bec ause of not having sex. I definitely do not want to do it with somebody else. St ill 3 more months to go before I meet my boyfriend.
I do not get satisfied unless SOMEBODY ELSE touches me. So no point masturbating . We have tried having dirty talk on phone, but it wouldn't help that much. It i n fact increases my urge to have sex.
Because of this frustration, I am getting addicted to smoking. I am not sure if I am addicted, but I am smoking around 8 cigarettes every day.
Please suggest what I need to do. Help needed badly !!! :(

Answer
Thanks for sending me your thoughts! Though I feel we are on a very different pa ge in life, I'll try to relate to you as best as I can, and hopefully something I say will make sense to you.

If you've had a sex life since the age of 18 (as you state here), perhaps you go t involved in sex too early and were not brought up in a conservative family. If you had waited until marriage, you'd have at least began to make a clear connec tion between sex and family life. Even better, you'd make the connection between sex and reproduction.

Sex as a relationship ritual is not bonding because it is a high or a thrill whi ch is divorced from its purpose. Since the man is wanting this thrill without ha ving a child, we must define this as a kind of recreation, no matter how much he loves you. This is where the problem is. Women cannot feel secure this way, bec ause inside they know that if he gets this thrill with you, he can go get it wit h others. There is no principle there that states he has to do that with you (as the future mother of his children). In principle, it's easier for him to cheat on you - if not physically, mentally. Maybe he looks at porn or watches women in the street. This cannot make you feel that you are protected, loved, and secure .

I feel this is why men may be able to masturbate, but women are less able to. Wo men are more aware of the whole social implication of sex, and even if they try to see it as a relationship ritual apart from having a family, they encounter ce rtain mental blocks. These blocks are in fact basic female instincts that are th ere for self-protection. Sex is not the glue that holds you together, but rather something that drives you apart. Each time your boyfriend does it with you, he really just wants to roll over and sleep - or even leave the house altogether. T his is called the "Coolidge Effect", which is a well-known principle in biology. Just having sex with him will not bond you together, but drive you apart. Havin g a child and a committed relationship, on the other hand, will give you real bo nds. Better yet, your man can have a spiritual life, something mystic and cosmic to share with you, and he can guide you on that path. That is the ultimate bond between man and woman, like the bond between Krishna and Radharani, Harry and S ally (before the hit the sack), and any other Platonic, spiritual, or philosophi cal relationship. These are very strong.

I feel that when you are separated from him, you are having anxiety about loss. You maybe think that (in the first paragraph) it's your lack of orgasm. But this is just a thrill - it means nothing socially. As you keep writing you admit tha t there's something else going on there. You have an attachment to him. The prob lem is, he doesn't have an attachment to you. He hasn't gotten married with you, and he hasn't fathered a child for you. He could leave at any time, just like a bumblebee skips to the next flower.

Smoking will not help you, nor will any other thrills, drugs or highs. I would r ecommend spending more time with people that you consider to be happy in life an d wise. Understand how they take things in the world. Perhaps try to get that ma

n of yours to commit, or look for a man who will. A man who cannot be continent before marriage or while in a relationship cannot be faithful to you in marriage. You must find a man who does not masturbate, watch porn, or in any way cheat on you mentally. He must be able to hold himself and give himself only to you. This way, I think, a woman will be most satisfied.

Hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question
I'm a bit confused about terminology. What is the difference, if any, between chastity and celibacy?

Answer
Since you are a Catholic, I'll give you the Catholic answer.

"Chaste" means to refrain from intimate relations.

"Celibate" means to not be married.

In the vernacular, the two are often used as synonyms.

Etymologically, chaste emphasizes the "cutting away" from the opposite gender, the cutting away from society, the separateness (from the PIE root "kes"). This word is related to "caste" (society cut into sections), and "castration" (the cutting away of gender).

Celibacy derives from PIE "kaiwelo" meaning to be alone - so "celibacy" emphasizes the solitude of this lifestyle.

As Christ was both chaste and celibate, it is the duty of Christians to strive for both chastity and celibacy.

I hope this helps!

Question
Hi Dhananjay,

I really wondered to see this site and thanks for giving such valuable information about celibacy.

I am 32 years old now. if i start now celibacy can i get the benefits the way you explained? Please comment more on how to retain this Celibacy from Lust.

Answer
Hello there,

Hope this finds you keeping well. Coming to the answers,

It is never too late to start with the practice of celibacy. However, the best results can be attained further to starting a life of Brahmacharya by the age of 32-34 years at the latest. After this age, the strength and potency of man's vital energy starts gradually deteriorating and going south. One can get on the path of attaining the complete powers and God-realization which follow through life long Brahmacharya through the start of unbroken celibacy during the early 30's. The sooner one starts such Brahmacharya, the better. People embarking upon unbroken celibacy from their teens/20's are poised to enjoy the benefits of Brahmacharya faster and earlier further to vitality being at its zenith at this early st

age. So it follows that Brahmacharya is a beautiful mode of life that is to be f ollowed right from the onset of puberty and forever with the sexual fluid being expended for begetting offspring only. Further to such a life with constant God-meditation and prayer, life becomes one special and beautiful journey filled wit h bliss, contentment, health and joy.

So we don't repeat ourselves and since the methods that can be used for the proc ess of sublimation and transmutation of sexual essence have already been dealt w ith, I will kindly request you to go through all the 'past answers' with a disce rning eye to get a clear understanding.

God bless and have a nice day :-)
Dhananjay

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As Christ was both chaste and celibate, it is the duty of Christians to strive f or both chastity and celibacy.

I hope this helps!

---------- FOLLOW-UP ----------

QUESTION: I read that celibate men have a spiritual kind of "potency" and I've a lso read that saints who were virgins (the women) often have received the name V irgin as almost a classification of some kind, that it actually represents a lev el of power the saint had achieved. Do you think some kind of extra spiritual po wer is given to men or women who are celibate?

Answer
Concerning potency:

Potency refers to powers. Celibates retain more spiritual power within which in normal people is expended in in the form of bodily fluids and worry over relati onships. When retained this power increases the IQ by allowing for more utiliza tion of the brain and providing the material nutrition which is specifically use d for the manufacture and maintenance of brain cells, e.g. lecithin (phosphorus) . This increased IQ allows people to "see" more than ever before. This is an i nterpretation of Christ healing the blind - that is, by following His path of pu rity, they can now perceive more in their surroundings and understand more mysti

c analogies. In fact, much of the Bible is not understandable to the blind (the impure).

Virgins under the Roman system were the only people entrusted to make big decisions. They were the Vestal Virgins.

Hindus believe brahmacharis (celibates) have special, mystic powers (siddhis) and a glow or radiance (tejas).

This glow is represented in religious art as the halo.

-Ian Clark

Question
QUESTION: I'm a bit confused about terminology. What is the difference, if any, between chastity and celibacy?

ANSWER: Since you are a Catholic, I'll give you the Catholic answer.

"Chaste" means to refrain from intimate relations.

"Celibate" means to not be married.

In the vernacular, the two are often used as synonyms.

Etymologically, chaste emphasizes the "cutting away" from the opposite gender, the cutting away from society, the separateness (from the PIE root "kes"). This word is related to "caste" (society cut into sections), and "castration" (the cutting away of gender).

Celibacy derives from PIE "kaiwelo" meaning to be alone - so "celibacy" emphasizes the solitude of this lifestyle.

As Christ was both chaste and celibate, it is the duty of Christians to strive for both chastity and celibacy.

I hope this helps!

---------- FOLLOW-UP ----------

QUESTION: I read that celibate men have a spiritual kind of "potency" and I've also read that saints who were virgins (the women) often have received the name Virgin as almost a classification of some kind, that it actually represents a level of power the saint had achieved. Do you think some kind of extra spiritual power is given to men or women who are celibate?

ANSWER: Concerning potency:

Potency refers to powers. Celibates retain more spiritual power within which in normal people is expended in in the form of bodily fluids and worry over relationships. When retained this power increases the IQ by allowing for more utilization of the brain and providing the material nutrition which is specifically used for the manufacture and maintenance of brain cells, e.g. lecithin (phosphorus). This increased IQ allows people to "see" more than ever before. This is an interpretation of Christ healing the blind - that is, by following His path of purity, they can now perceive more in their surroundings and understand more mystic analogies. In fact, much of the Bible is not understandable to the blind (the impure).

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This glow is represented in religious art as the halo.

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---------- FOLLOW-UP ----------

QUESTION: What if someone is struggling with lustful thoughts? I know the Bible says we must renew our minds with the Word of God but it seems so overwhelming and I'm not sure where to start or how. Is there an approach to cleaning up the mind that you think is especially effective for beginners?

Answer
Thanks for your question, Marie.

There are several effective ways to clear the mind of lustful and destructive th oughts.

The first is to check around your room and other places which you stay for long periods. Are there inspirational pictures to look at? Do the colors and decora tion make you feel irritated or comfortable? Set up your environment so that yo u feel more at ease and more inspired.

Your environment also includes your computer. Make sure you use the controls av ailable to protect you from an accidental viewing of unhealthy material.

1. Use Google's strict parental settings to filter your search results.
2. If you use Firefox and Youtube, add Firefox's "Youtube commentsnob" to filter the message boards from offensive and abusive posters.

In Firefox you can search for other plugins which are used by parents to filter the content you see on a daily basis.

It is very important to control what you do and see on the computer. The filter s are there to help you, because often we will accidentally come across harmful images and words. Impure things are only a click away on a computer, so it's im portant to help yourself any way you can.

You can also go through your picture archives, bookmarks and other saved files o n your computer and delete anything that isn't pure in spirit.

Finally, the most tried and tested form of clearing bad thoughts is prayer and u se of the rosaries. The more you do this, the clearer your mind will be.

Hope this helps!

Question
What are some of your methods for celebacy?

What can I expect say after a year of being celibate?

Answer
Thanks for your question! Answers are as follows:

Q: What are some of your methods for celebacy?
A: Celibacy must usually be attempted within stages. The time can be increased as strength is attained. Typically we recommend starting with two weeks or more , and working up from there.

Secondly, there is a general path to expect. The path goes from crude/physical to mental and even subtle/spiritual. The stages are 1. body 2. word 3. mind. T hese are what you'll master control of as you go down the path.

Q: What can I expect say after a year of being celibate?
A: After a year of celibacy, a man can expect to have a completely new outlook o n life, society, and women. He will have increased powers of perception, a robu st spiritual life, and greatly improved health.

The first stage (body) will be nearly complete, while the other two will have pr opitious beginnings.

Hope this helps!

Question
Hello Ian,

Thank you for your kind and honest answers regarding celibacy.

It has been more than a year since I ve been practicing it with meditation in an on -and-off pattern. One was more than 6 months and the other one was more than 4 mo nths. During this period, it has been really an uplifting experience for me you know, more blessings like what you ve mentioned.

As you know, it has been for quite a long time since I ve been reflecting a few qu estions. And due to this I am so interested to hear about your views as follows:

1.After practicing celibacy for more than a year or more, I ve read that one need not to ejaculate anymore to impregnate His wife. It said that it can be done so due to the presence of sperms in the pre-ejaculate as long as the intimate relat ions happen during the ovulation period of the woman. Is this true? Please shed some light.

2.I ve read your response regarding semen conservation . You said that the semen (whi ch I assume as the sexual essence) doesn t reabsorb into the body in the strict se nse right? What happens is that the body is relished in producing it and instead uses the energy and nutrients for other purposes like increasing ones IQ in eff ect. So from this, do you mean, the sexual essences is just stored in the reprod uctive organ for as long as there would be no actual ejaculation? How about it s p otency, don t the time interval between each ejaculation affects it, like for exam ple upto months to years without a release? Please shed some light.

Again, Thank you and hope to read from you..

Answer
Hello! Thanks for your questions. I've summarized your questions below.

Q: Is immaculate conception possible?
A: To every spiritualist it would seem that the answer is Yes. Because we don't think the essence of a human being is the flesh, nor that material circumstance controls spiritual design, it would make sense that if a soul is asking to attai n a physical body, a woman in the appropriate circumstance and meditating in the right way should be able to grant this body, i.e., become pregnant. People laug h at the idea of immaculate conception today, but in the history books and stori

es of 2,000 years ago, it was an accepted reality. However, even though I answer "yes" to this question, I have no first-hand knowledge of it. No practitioner in any of the religious groups that I participate in has attempted immaculate conception. There are followers of Supreme Master Suma Qing Hai (website http://www.godsdirectcontact.org) who have some knowledge of it, though the website search engine returns no results for keywords "immaculate conception".

Q: Is the creative essence stored as long as there is no actual ejaculation?
A: Yes. Furthermore, it is more easily stored if it is not toxified. Toxicity is a major factor leading to ejaculation, just like it is a major factor in the onset of menses for a woman. When energies used for the production and maintenance of sperm are used for better purposes, it is called sublimation.

Q: Is potency of the creative fluid increased with time in storage?
A: Very much so. Here is a test taken by a man living in Shanghai:
http://www.flickr.com/photos/tradukisto/3996553143/
According to the tested man, in the field for "days", the hospital workers mistakenly filled in the number of months (3) for the period of abstinence (the tested man stated 100 days as the period of abstinence). The numbers indicate that sperm density is eight times normal and quality levels are 56% above normal.

NOTE: The test taker was/is not a member of the Brotherhood of the Sacred Word and sent us these test results anonymously for use in our work. The test indicates clearly under "method of extraction" "masturbation". As such, we do not condone the taking of these tests.

There were also Chinese studies concerning testosterone levels and abstinence that indicate that testosterone increases by 150% by only the seventh day. Unfortunately, they did not continue the measurements further to e.g. one month, one year and the like. We think it can be assumed that with sustained abstinence, the dramatic increases in testosterone are also sustained. This study was taken by Zhejiang University.

NOTE: As the name listed for the questioner is not a real name, the information in the question is therefore anonymous. The status of this question has been changed to "public" so that practitioners with similar questions can have access to this answer.

Hope this helps!

Ian Clark
Brotherhood of the Sacred Word

Question
QUESTION: Hello Ian,

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Hope this helps!

Ian Clark
Brotherhood of the Sacred Word

---------- FOLLOW-UP ----------

QUESTION: Hello Ian,

It's me again.

Thank you for a very clear elaboration. It's enlightening. How i wish i could re ach the abstinent period like you. Please include us in your humble prayers.

I have a follow-up question for you.

1. Do you consider nocturnal pollution/wet dream an actual ejaculation or loss o f creative energy? In the previous post, what i mean by an actual ejaculation/s are those emissions resulting from masturbation or intimate relations with ones wife and not wet dream: that is, the former being voluntary and the other as inv oluntary.

2. How long have you been celibate since then?

3. If we compare two spiritual practitioners in which the one is a Tantric lover (one who practices 'moderate' non-ejaculatory sex) and the other is a celibate , which of the two has a better spiritual perspective in they both ejaculate onl y once a year for the purpose of conception? This is assuming they practice the same type of meditation, food, etc.

Please shed some light..

Answer
Hello there! Thanks for you questions. I've summarized and answered them below.

Q: Is spermatorrhea a loss?
A: Yes, but it is far less of a loss than an intentional (voluntary) loss. It af fects the astral plane, whereas intentional losses affect all areas of conscious ness.

Q: How long have you been celibate for?
A: Four years. I started to become interested in celibacy and making efforts sev en or eight years ago. Since March of 2006 I've been a strict celibate with no v oluntary slips. We have brothers who have gone fifteen years.

Q: How does left-hand tantra compare to householding?
A: Left-hand tantrists are totally obsessed with sex. They have to constantly pr actice in order to be able to withhold semen. How is this practice done? Typical ly with contraception or perhaps NFP. This is how they practice often. This mea ns that a lot of sinning is necessary just to get to a certain level. After the man can withhold the semen, is he on a higher level? We think not. He's already ruined his mind. And actually, withholding the fluid at that stage is like putti ng a sledge hammer to your prostate. His mind and body are already severely comp romised at this point.

This only reinforces one of our old maxims: you do not get past sin by indulging in it. To get past it, you simply have to stop it and do better things instead. You will not get past eating steak by eating steak three meals a day supposedly until you're sick of it. Even if this worked, what about all the cows you kille d to get there? And after you were sick of it, how long will you be sick of it?

This "enlightenment through indulgence" idea was popularized by Osho, who even K rishnamurti said was a criminal. For places like his, the women become prostitut es. Why? Because the men have to "practice" until they can hold their sperm - an d they are holding it after it is ready, after the inner ground is already very disturbed. This practice itself is sinning, and further deepens the tendencies t o sin. It is like clearing a path to hell with a machete, then plowing the path, then flattening it, then paving it...and by then, this road is indestructible. Can this person not go to hell then? It is such a habit that it would be silly t o talk of being suddenly free of it at that point.

The Chinese have an idiom about this: ????, nányuánbeizhé, or "going south to go north ". The story goes, that a man was riding a chariot, and at a stopping point, a m an asked him where he was going. He said, "I'm going north".

The questioner was surprised, "But you're going south!".

Then the man in the chariot said, "But I have the best chariot, the finest horse s, and the greatest speed!".

The questioner replied, "That'll only make you go south faster!", but the chario teer didn't listen. He kept going south.

This is similar to what the left-hand tantra people are doing. They think that b y getting very, very sexual, that they will somehow transcend sex. This is nonse nse. If you want to get over sex, then stop having and do better things - now! D on't wait on it. Start the struggle to go the right direction, to carve the righ t path through the woods - now! Because the more you sin, the more you get used to sinning. On the other hand, if you are actually praying and meditating a lot (instead of "practicing" animal motions), you're carving your pathway to Nirvana . Even if you don't carve it very well, isn't that much nicer than the alternati ve?

Finally, why do we say "left-hand tantra" and not "tantra"? Because "tantra" ref ers to a man and a woman practicing together. The correct way to do this is of c ourse in a Platonic, chaste way. In this way, tantra could be the most beautiful thing out there - or certainly one of the best paths that God has to offer. We can typically practice religion more effectively with our brothers - but if we h ave a female saint right next to us, or she is very close to that state - then w hy not consider a pure relationship with her, where you constantly encourage eac h other to be more and more pure, and seek God knowledge more and more? This, we would say, is "right-hand tantra".

Hope this helps! God bless you always.

Ian Clark
Brotherhood of the Sacred Word

Question
Do you have feelings of doubt as to whether your effort is worth it? Do you feel that you are missing out on life's greatest pleasure and one that is easily ava ilable? If so, how do you deal with these feelings of doubt?

Answer
Hello Bruce :-)

Trust you are doing good. Sorry for being a day late further to some commitments . Thank you for the query, let me elaborate on the core of the topic so the answ er becomes clear:

Q: What should a celibate do when he gets into a state where a sense of doubt re

garding chastity arises further to depriving oneself of the sex-sensation and th
e thought of 'I'm truly missing out on something creeps into the mind?

A. Why does man reach out to sensual stimulus as a source of pleasure?

On study of the great treatises concerning spirituality and a regulated and disc
iplined spiritual life, one slowly comes to realize that the soul (defined as the
microsm of the macrosm (god)) in its pure state is itself bliss. The word bliss
here means a unipolar state beyond happiness. Happiness is bi-polar as it has th
e opposite sadness . Bliss is beyond polarity. This unipolar state of absolute freed
om and standing is the inherent nature of the soul. The soul of every creature,
be it man or animal is full of bliss, contentment and self contained. It is in a
state of bliss further to itself, without requiring any external aid to propel
it or contain it in this unique, lofty state. The treatises written by great mas
ters teach us that, as soon as the soul descends into matter (further to identif
ication with a body) by getting encased within the body, coverings of ignorance
or maya or avidya start cocooning themselves around the soul. This results in the li
ght and nobility of the soul getting hindered from reaching out (just as the clo
uds blocking the rays of the sun prevent them from reaching us). When this start
s to happen, man whose basic nature is bliss (since he is actually the soul and
not the body, mind intellect or ego) feels a scarcity of this bliss which he is
originally accustomed to and goes in search of anything which appears to him as
a source of bliss, for want of it (like a thirsty man in a desert walks for mile
s in the hope of reaching the mirage of an oasis, which is actually nothing but
an illusion).

Sensual pleasure (derived externally through one of the five senses) is not real
ly pleasure but only a tingling of nerves finally resulting in pain. Further to
many successive births of indulgence in sensual activity as a source of pleasure
, mans psyche begins to associate this nerve stimulation as the penultimate sour
ce of pleasure, for it has slowly forgotten its native state of soul bliss . Most o
f us are in this state. It is here that Brahmacharya comes as the ship for man to
cross this ocean of delusion and reach the shore of true soul bliss . By constant,
persistent and honest practice of celibacy, man can slowly unwind and disentangl
e himself from this cocoon of maya or delusion that he finds himself trapped himse
lf in. Further to self-realization (total lack of bodily identification and acce
ptance that he is the soul) he gets into a state content in the self by the self
. He requires no friends, parties, talk or anything else external for contentmen
t, for he has realized the fallacy, temporary and hypocritical nature of everyth
ing external and the glory of his inner self and god.

When a man first starts on the path of celibacy, it is but natural that this per
centage of delusion is very high within him as compared to the percentage of soul
bliss which is very minimal or almost non-existent. At this stage doubts sometim
es do come as to the worth of a celibate mode of life, which involves discipline a
nd giving up of sensuality, for his psyche has long associated delusive pleasures
as agreeable. At such times, a firm and steady approach is required to tide them
over and continue on the chosen path. What does a sprinter aiming to win the Ol
ympics do? He sets aside all work, all merry, all junk food, all forms of distra
ctions and focuses his heart and soul into the tough, hard and disciplined pract
ice of preparing his mind and body for the final day. It is the same with celiba
cy which requires very consistent and honest efforts that are very Herculean at
the start but with time, honesty and gods grace the sailing becomes more and mor
e smooth.

All celibates have to go through the stage that you have mentioned initially. Bu
t with time, honest efforts and further to god s grace, things became easier. Afte
r around a year of honest celibacy (without breaks) the celibate reaches the nex
t stage, wherein he cherishes and desires to be constantly in a state of unbroke
n celibacy, enjoying the new found bliss that has started to trickle. At this st

age you don t miss the old times but shudder at the thought of ever going back to th
at old state of delusion. When lustful thoughts do occasionally enter the mind,
the celibate experiences pain, revulsion and guilt. All your energies focus at d
riving away these thoughts. The only thing you want is to be free of them and ba
ck to your state of celibacy in thought, word and deed.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
Hey Dhanajay,
This may sound strange but I just wanted to ask this
question out of curiosity and to be thoroughly educated on
the practice of celibacy.

If a person is masturbating but doesn't come or stops before
they reach that point, is that person still weakening the
body's strength by masturbating even though no semen has
been expelled from the body . Are your body being more
relaxed more weakened ?

Answer
Hello Yang,

Coming to the question on hand,

Q: What are the effects of masturbation without ejaculation?
A: Masturbation is firstly an unnatural act that leads to frustration and proble
ms. The purpose of the sexual act is procreation or production of offspring. Any
 other intentional indulgence in the sexual act or related activities leads to p
ain and suffering in the long run.

When a person stimulates himself sexually to indulge in masturbation, it is an a
ctivity without a valid aim. On the one hand he is stimulating himself to achiev
e an erection, while on the other hand this erection whose aim is to generate sp
erm and procreate doesnot have a valid target (a legally wedded spouse also wan
ting a child). This tantamounts to a person driving a highspeed vehicle into a d
ead end alley and crashing against the wall. This is exactly what happens each a
nd every time masturbation is carried out. Immaterial of whether one ejaculates
or doesnt, the subject causes immense harm to himself at the mental, physical an
d psychic levels. In case of masturbation without ejaculation, serious chances o
f developing diseases of the prostate and related sex glands exists. Ultimately,
 he who masturbates without ejaculating will eventually loose semen in a wet dre
am, for his thoughts are impure.

To sum up, it is a debilitating activity which causes harm at all levels. Real s
trength, happiness and bliss can be attained only with one mode of life:- "To tr
eat sexual activity as procreational and drop it from the list of amusements one
 indulges in"

Kindly go through past articles on masturbation on this portal to go deeper into
 its effects.

Trust this helps

God bless and have a nice day :-)
Dhananjay

Question

Hello there,
I have been practicing celibacy for a couple of days now and having more erections than ever before . So my question is, what happens to all the semen that rose up in the private area after the erection subsided? and I mean without any release. Does the semen absorb back into the body? does it start transmuting into energy? I'll be looking forward to your feedback on this .

Thank You

Answer
Hello DJ,

Thanks for the query, lets try to get to the answer,

Q: What happens to semen that has been generated further to an erection if there is no ejaculation?
A: For semen to get fully reabsorbed into the body, it requires continued periods of celibacy in thought, word and deed beyond three to four months. During this time if unchaste thoughts were to be entertained, semen flows out in a wet dream and no reabsorbtion occurs. The first three to four months of celibacy do not involve reabsorbtion to a large extent but consist of non-production. The body which was earlier required to replenish lost reserves of semen now gets a breather and reduces this process. Removal of onus on the body to generate and ready semen results in increased vigor and vitality.

The reason why frequent erections are observed in the beginner celibate is due to the previous conditioning of the mind and psyche towards constant sexual activity. As celibacy gets longer and longer, this unnatural need of the mind and body for sexual gratification reduces.

For innate details on how this process works kindly go through the topic 'Forms of semen' in past answers on this portal

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
Hello There :)

I have a quick question on Celibacy & itdidea's benefits towards certain disease's or viruses .

Is a brahmachari immune to diseases/viruses such as HIV/AIDS?
Is a brahmachari immune to second hand smoke?

Answer
Hello Reace,

Hope you are keeping fine. Coming to the answers,

Transmutation of the vital seed into health, strength and 'Ojas' results in an increase in the immunity and resistance one has to diseases. People who lead an honest life of celibacy beyond a few months have a much lesser chance of falling ill and succumbing to most ailments. Besides, the body gets rejuvenated and revitalized leading to robust health and well being.

Diseases invade the body on account of 'toxins' present within the physical body

, the astral body or due to past karma embedded in the causal body. Ideally speaking, the human body by default is completely immune to all forms of disease. It is the presence of these toxins that makes the body conducive for the growth of 'germs' when they invade.

After a few months of unbroken celibacy, continued periods of Brahmacharya ensure that these 'toxins' present in the physical body slowly start to surface and get cleared out of the system. The time point when these toxins 'surface' generally results in an illness of some form related to the particular toxin that is being vacated and the end of the illness generally means that the particular toxin is washed out of the system for ever provided the Brahmachari does not repeat the activity (food, thought or action) that embedded the toxin into the system in the first place. This process goes on incessantly for the first few years of celibacy when layers after layers of impurities within the body, mind and psyche are thrown out by continuous and unbroken celibacy. Further to the removal of all these toxins at the physical, mental and causal levels, the Yogi develops a body called as 'Yogagnimayam shariram' or a body that has been purified by the fire of yoga. Such a body is then akin to a 'perfect body' that is virtually free from the action of disease, age and time. The only susceptibility of the body is towards 'Prarabdha karma' or those past karma's that have to be worked out in the current life.

It can be safely assumed that one who has attained such a body purified by the fire of Yoga after many years of unbroken Brahmacharya has enough positive karma and immunity to either fight or avoid the incidence of disease. The immense amount of positive karma accrued from a life of virtue and Brahmacharya itself ensures that the celibate is protected from disease at not only the physical level but also at the astral and causal levels. This positive karma and an aura of divinity that surround him protect him from the gamut of diseases and degeneration to totality with one exception. And that exception is his 'Prarabdha karma' or that past karma which has to be worked out in this life without exception. If his 'Prarabdha karma' has within it elements that portray the advent of a disease accrued do to some past wrong action, the Yogi will have to suffer that particular disease in order to cleanse himself of his past sin. The laws of nature are fully impartial and such that even a man of divinity and virtue has to suffer for his past negative actions without fail.

Again one should remember that the mere presence of strength, immunity and resistance against diseases does not mean that the Brahmachari should become indifferent to an atmosphere which may result in passive smoking (smoke exhaled by a smoker) or impinge the risk of a disease such as AIDS. Prevention is always better than cure and avoiding the very environment that may lead to a disease should be the first priority of the Brahmachari. As mentioned earlier, the Brahmachari should safeguard himself from exposure to conditions that can lead to the induction of 'new toxins' into the body such as cigarette smoke or infected blood from an AIDS patient. The Brahmachari who is established into unbroken Brahmacharya from many years is like a warrior who is capable of defending himself from attack through any form of assault. However this does not mean that the warrior goes in 'search' of fights without necessity and reason. It only means that like the warrior, the Brahmachari will be in a position of fend himself against the onslaught of most diseases and come out hale, healthy and untouched; A state which is very hard for the normal non-celibate man to achieve.

God bless and have a nice day
Dhananjay :-)

Question
Hello Ian,

Can you please pointwise summarise the benefits you experienced from celibacy? I

have tried and slipped many times and dont want to give up? I feel hearing the benefits experienced from a practitioner will help me make a firmer resolve and help get back on track during shaky times. Thank you so much for your time!

Answer
Hello Srikanth, great to get your question!

Q: What (point by point) are the benefits you have received from being celibate?
A: These are the benefits I received (in the order that I received them):

1. I experienced a noble sense of existence.
2. My health greatly improved, being freed of about seven different chronic cond itions. The most important of these were IBS (a severe digestion disorder), seve re tinnitus (ringing in the ears, now greatly improved), sore prostate and sore joints.
3. My financial situation greatly improved. As of the second year of celibacy, I owned my own home. In the same year I starred on Chinese national TV (CCTV), wr ote and published a book in Chinese ("I Ain't No Foreigner") which was nationall y distributed and sold out, At this time I also held four different jobs, three of them teaching positions. The energy and concentration required to accomplish these things was far more than what I could have done if I weren't celibate. At this time it was clear that a spiritual force was working for me.
4. Getting a regular meditation practice and a general spiritual sense.
5. Achieving a clearer understanding of how maya ("the world") works - becoming able to predict events and stay out of harm's way.
6. Having lots of free time, energy and mental space to do constructive things, rather than tend to females (either spiritually or materially) all the time.

I could go on, but these are the basic benefits.

Hope this helps!

Ian Clark
Brotherhood of the Sacred Word

Question
Hi Ian,

Whenever I am chaste I find myself feeling tremendous egotistical thoughts perta ining to my lost musical career. I am sometimes driven to hypothetical fantasie s of lecturing people in the music world and picturing them being in awe of my m usical gifts. These fantasies also come for other areas as well such as giving people spiritual discourses etc. When I was masturbating I would feel a profoun d lack of confidence in myself to engage in such. However abstinence gives rise to painful feelings regarding lack of career success to the point that now I pr ay and ask God to take me away as it all feels too late. Eventhough I feel physi cally and emotionally more vital (due to abstinence), I feel in sheer torment o ver career failure and the inability to find work I enjoy and lack of emotional intimacy. Is it normal to feel such painful feelings (many times they come with a furious force from the unconscious) regarding career due to chastity/celibacy. When masturbating i didn't have to deal with such painful feelings re: career i ssues and lack of intimacy.

I have been celibate (i.e. without actual partners) for 15 years or so, however I have suffered from masturbation addiction since the age of 15. Originally I e ngaged in it 4-7 times a day (in my 20s) and lately its been 2 months of abstine nce so far. Thank you for your help.

K

PS. I have more questions i will send you as time goes along. Your advice is gr eatly appreciated.

Answer
Very interesting questions, Kavan! These should be helpful to many readers, so I thank you in advance. The questions have been summarized below.

Q: Is it normal to feel confident *and* remorseful during celibacy?

A: Sure it is! This is especially true in the first few months. It is a contradi ctory state. If you were really egotistical and super-confident, you wouldn't th ink that you've made any mistakes (as you are amazing and nearly perfect). But y ou are still feeling guilt. Why is this? Because guilt is the healthy reaction o f a moral man to his own sin! So welcome to the world of feelings of a moral man , as you are now getting started on the moral path.

Actually your confidence should be harnessed into action by filling out a simple daily progress report, which takes no longer than two minutes. Fill out five or six areas that you want to concentrate on: www.mrtao.com/spirita_taglibro.htm

If this seems to simple and not comprehensive enough, Yogananda recommends keepi ng a full diary. Keep record of what you have done in the day, what your plans a re tomorrow, and tomorrow night keep track of whether or not you've fulfilled th ose plans.

The enormous force of male sexuality is often difficult to harness. But like cer tain stallions, there will be men who harness and well exceed their emasculated competitors. You suddenly have 400 more horsepower to deal with. Will you drain it out? Or will you make a serious plan on how to use this for your own and othe rs' good? To make this plan, either use a checklist or keep a complete diary. Ke ep track of your progress in *doing things* with that great power you now have.

Q: How do I get over my loss of a music career?

A: This may seem strange to you now but...you can certainly have that music care er you've always wanted. In my first year of celibacy, I held four teaching jobs at once, got on national TV with my music group, published a book originally wr itten in Chinese, all the while volunteering for our brotherhood. You have enorm ous capabilities, if you would only harness them scientifically.

I must be more specific, though, that career benefits will become even more clea r in the second year of celibacy. The first year you will find primarily rejuven ated health, and the disappearance of any ailments you may have had. By the seco nd year, you will be making major career leaps.

Hope this is of some help to you! Two months is no small feat. You must always t ry your best. May God always be with you.

-Ian Clark
Brotherhood of the Sacred Word

Question
Hello there,
I just wanted ask, does working out everyday like Isometrics,
push-ups, running, weight lifting; help a lot during
Brahmacharya practice ? like giving your mind, body, and
spirit a boost ?

Answer

Hello Tony,

Coming to your query,

Q: Does physical exercise help in celibacy?
A: Physical exercise is one of the important requirements for transmutation of s exual energy into health and strength. As explained earlier, semen has three imp ortant functions namely:
1. Help revitalize and strengthen the physical body
2. Help develop a keen intellect
3. Help in the formation of 'Ojas' or divine energy to aid spiritual growth.

Physical exercises are paramount in ensuring that the portion of semen required for revitalizing the body is absorbed. Lack of physical activity will make that part of semen to go out through a wet dream

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
I just opened a forum for folks who are celibate. My husband and & were in a cel ibate marriage for 12 yrs & it was a wonderful relationship. I intend to remain celibate now that he is gone. Since I did not find many sources for people to di scuss this lifestyle I started my own. If it is appropriate may I post it here??

http://forums.delphiforums.com/secondseason/messages/?msg=1.1

Thank you

Answer
Sure, Cherie!

It's acceptable to have one post on this. Let's make it a statement for those w ho take the challenge but feel a lack of community support.

Celibacy groups are now rife about the internet, and I'll name a few more here:

The Brotherhood of the Sacred Word
www.celibacy.info

Brahmacharya - the True Path
http://www.orkut.com/Community.aspx?cmm=15091517

Power of Purity Ministries
www.sexualfreedom.com

Celibacy@Youtube
http://www.youtube.com/group/celibacy

(Though I must add the caveat that these groups tend to be geared toward and app eal to men).

With each new teacher and each new group, society regenerates more. The increas e in activity concerning celibacy in the past few years has been very inspiring. Good luck with your forum!

-Ian Clark

Question

Hi, I read somewhere that celibacy leads to health problems. Is this true?

Answer
Dear Mark :-)
Contrary to such belief, celibacy in the true sense, carried out with the right spirit in fact cures diseases. A true and honest life of celibacy in thought, word & deed propels man to reach a state beyond defect, decay and even get control over death!

There are some who erroneously assume celibacy to be mere physical suppression of the sexual instinct. In such people, the mind however continues to roam in the forest of sexuality thereby causing an opposite reaction in their very psyche which in some cases might even lead to disease. Celibacy is a mode of life which is to be carried out with honesty & integrity, centered around deep love and trust for god. Because god loves us very deeply and always cares for us!

When you start a car and depress the accelerator the car naturally begins to move. But if you have the hand brake on and then try to move ahead, it could result in a broken hand brake, a damaged transmission or a shut down in the engine! When we put our efforts in a certain direction, we should direct all our energies in the same direction and invest our very heart and soul into the task at hand with the innocence and trust of a child. Opposites make little sense.

Hope this answers your query Mark

God bless and have a nice day
Dhananjay

Question
This question is more about your pre-celibate IBS. Are you convinced that celibacy "cured" your IBS? Did you change your diet around the same time you decided to become celibate? And if you did, do you think the diet change could have also helped your IBS? I'd be interested in any details concerning this.

Answer
Hey John, thanks for the question. I hope I can be of help!

Q: Are you convinced that celibacy "cured" your IBS?
A: Absolutely sure. I had IBS for seven years before being celibate, and it went away within two or three months of being celibate. I've been free of IBS now for more than 3 years. The reason this works is because the orgasm causes nerve damage, and IBS is a nervous-system issue, not an issue with your physical parts. IBS is one of the many symptoms a man will have after chronically damaging his nerves.

Orgasm isn't the only issue. Drinking, smoking or using drugs also work by damaging the nerves. Regressive experiences are when you are damaging the nerves, and your nervous system gives you a temporary high. After this high, your system tries to recover, though it can never do so fully. Progressive experiences improve the nervous system. They work by strengthening the energy in the nerves. A meditator will also experience a great high, but afterward there is no recovery period. The high is a true high, and it is progressive.

Orgasm is regressive. It blacks out the male brain for a split second. Repeated orgasms can induce ringing ears and blurred vision. Chronic orgasm can permanently damage the entire nervous system, and permanently reduce eyesight and hearing ability. Orgasm is an electric shock that induces a huge wave of dopamine into the brain, which then crashes (regressive dopamine blast).

Through meditation and spiritual practice, dopamine and oxytocin levels can be r

aised steadily and permanently.

Q: Did you change your diet around the same time you decided to become celibate?
A: Generally not. There was only one change around that time, which was quitting drinking. I had only drank moderately before, but I think this is important to mention, as drinking is also a major source of nerve damage and easily exacerbates IBS. About one year after being celibate, I went to complete vegetarianism. But meat eating and drinking are far below the damaging effects of orgasm. You won't spend hours of your time worrying about how to get a beer, or whether or not the beer is happy with you. If you look at the big picture, sexual relationships are a huge strain on the mind and nervous system - far beyond shock psychological stress of orgasm itself.

Q: Do you think the diet change could have also helped your IBS?
A: During my years of having IBS, there were periods where I was vegetarian, not vegetarian, drinking and not drinking. Being a teetotaling vegan is no small achievement, but I think you won't really see massive improvement until you simplify your love life and conserve your vital energy.

Important: the male creative fluid is full of lecithin, just as mother's milk. It is designed to nourish your nerves. If you lose it, you're also losing your body's ability to repair and maintain the nervous system. A weak nervous system will result in insomnia, bowel irregularity, ear and eye problems, and irritability. The substance is much more subtle and complex than just "lecithin", but modern science only has this word. Therefore, buying lecithin supplements will not improve your situation - the same as eating a dead animal's brains will not improve your IQ. Being continent will boost your testosterone levels and at least double your sperm count. The nutrition that is saved for not making extra sperm is saved and circulated throughout the body. This is a major factor in the ability of continence to cure IBS (and many other diseases).

Hope this helps!

Question
Hello Ian:

I had asked you a question a couple months ago about pain in my abdomen and lower back. I wanted to confirm for your readers that your response was correct: the pain did go away after a couple months. I have also been practicing some yoga postures which may have also been helpful.

It has now been a few months that I have gone without a voluntary emission and I wanted to let you know how grateful I am for the support you are providing here. Prior to this, I had been reading Swami Sivananda's book on brahmacharya for several years, but was getting discouraged at my failed efforts. To read of your experience, however, has really helped to get me out of my rut. Even though Swami Sivananda's book made a deep impression on me, sometimes we need to hear an account re-expressed in different words and from a different perspective to open our minds to their underlying truths. Your words have a tremendous lucidity and power which I've found very inspirational. My confidence that I will succeed in this practice has been steadily increasing.

I do have a few questions about the relationship between semen production, meditation, and fatigue. I realized several years ago that the lower the frequency of ejacuation, the longer I was able to meditate without getting tired. Having been celibate for several months now, I can meditate for a couple hours without any apparent feelings of fatigue. When I do go to sleep after meditation, however, I find I need 8-9 hours of sleep instead of my usual 5-6 hours. So my questions are:

1) Does semen get used up when we meditate, and do our bodies need to produce mo re semen (eg during sleep) to make up for that loss? If it does get used up, is it similar to the kind of loss we experience in a physical ejaculation?

2) Does the very fact that meditation is causing me fatigue mean that the semen is being sublimated into a higher form (eg ojas)? You have said in a previous po st that the benefits of celibacy will continue beyond a few months only if there is sublimation. I am trying to determine whether fatigue is evidence of sublima tion in my meditation.

3) Depending on the answers to the above questions, is it prudent to regulate ho w long we meditate early in our practice so as not to lose too much semen/energy ? How long does the body need to recover from a meditation session?

I am sure that the longer I am continent, the less fatigue will be an issue in m y meditation. But I wanted to better understand this relationship so I don't put any unnecessary strain on my body or otherwise slow down my progress. Once agai n, I very much appreciate any insights you may have on this.

Thank you,
John

Answer
Nice to hear from you, John! I've summarized your questions below.

Q: Does semen get used up when we meditate?

A: If you are meditating well, yes. Sivananda refers to this as sublimation of s emen from crude to more subtle forms.

Q: If it gets used up, do we suffer a loss of it?

A: No. It's better to have it in the subtle state.

Q: Am I fatigued from sublimation? How should I be meditating?

A: If you are meditating longer than you have before, you may need some time to get used to that new schedule. If you feel you've already had time to acclimate to the longer sessions, but are not acclimating, then you need to consult your g uru or whoever is instructing your meditation. (From this medium it is difficult for us to accurately guide your meditation technique).

You can research on how to get more guidance from those who first inspire you. A tmajyoti.org is a great place to start, as they are continuing the critical foun dation laid down by Swmai Sivananda and the Divine Life Society. You can also in quire into our brotherhood by writing to the email address provided at celibacy. info.

A: I'm sure that as long as I'm continent, my condition will improve.

Q: This is certainly correct. Many saints have relied only on purity, their inst incts and their communication with God for guidance - a favorite example of ours being Theresa of Avila. You can certainly have faith that with purity and deter mination, you'll begin to find the answers more or less on your own.

Hope this helps you along! Finding good meditation advice and guidance is very i mportant.

-Ian Clark
Brotherhood of the Sacred Word

Question
Hello there friend, I'm on my 12th day of abstinence from sex or masturbation; and some of the changes I have notice is that I'm more bold and fearless mentally when it comes to other people or being around or talking to beautiful wemon; I sound way more humble in my words than before . it's the best feeling . The other thing is the physical part and energy; I have noticed It takes very long for me to get fatigued when im running or playing football; but the kind of energy im looking for is the noticible energy; the sexual energy to rise out more so then I know my practices are officially really working . right now i don't feel a very dramatic change to where i'm like, wow! and I wanted to ask you if that energy will come overtime as I continue to abstain and transmute . Thank you & God bless .

Answer
Hello there,

Nice to see that you have started the practice of Brahmacharya.
Focus on transmutation of the sexual essence through adequate physical, mental and spiritual activity and by keeping away from all sources of sense stimulation. Once three months of absolute celibacy are through, the going gets a little more easier. Once a year of absolute unbroken celibacy is achieved the changes become very noticeable further to absorption of the seminal essence in true effect. And from then on the practice of 'REAL' celibacy starts...

God bless and have a nice day
Dhananjay :-)

Question
Hello there :)

I just wanted to ask(I really need your help on this); say I've been practicing Celibacy for 1 to 2 years now; If I wanted to have my own kids; how would I do that without losing semen??? & breaking Celibacy & losing Energy, Vitality,a Keen Mind etc is the last thing I would want to do!
Please help!

Thanks

Answer
Hello John,

Trust you are doing fine. Coming to your query,

Q: What should be a Brahmachari's approach as regards to the act of copulation for fathering children?
A: As stated in earlier posts, the purpose of the sexual act is procreation and not recreation. The sexual act indulged in with one's legally wedded wife takes a divine and holy dimension if carried out with the sole purpose of begetting a child. God has created the act of sex for the very purpose of producing offspring and the use of this act for this divine and rightful purpose within the institution of matrimony does not amount to unrighteousness. Ensuring that a family, society and community of people continue to have their presence on earth and pass on their knowledge to future generations can be achieved by no other means but by producing healthy, talented, morally and emotionally sound offspring and we all know that the sexual act is the rightful means to this objective. Hence limiting sexual activity to procreation does not cause any debility or decay in the Brahmachari.

Keeping this eternal truth in mind, a Brahmachari is allowed to indulge in the s

exual act with his legally wedded wife, 'Once' per wanted child till conception occurs. Further to an honest and sincere life of Brahmacharya, the sperm concentration and virility of the Brahmachari is generally potent enough to ensure that the wife conceives with a single act of copulation if carried out during her monthly fertile period provided God wills for the couple to beget a child. Unlike the common, semen wasting man who may require days and months of efforts to make his wife conceive, the Brahmachari has a very high chance of ensuring successful conception with a single act of intercourse. The sperm motility and density in his semen are in abundance and super-charged with ample 'Prana'(life energy) further to his long conservation and transmutation of the seminal fluid. This enables him to very easily 'create' another life under God's will.

A non-celibate man leading a life of wastage expends many 'liters' of semen by way of 'thousands' of 'wasteful' ejaculations he indulges in further to a life of recreational sex and masturbation in his lifetime. The Brahmachari on the other hand conserves all this energy and spends only a 'spoon' or two of semen per wanted child! Anyone can compare the two cases and know by commonsense the immense benefits and merits the celibate accrues as compared to the non-celibate. If expenditure of the vital seed is limited only to the act of fathering an offspring or two, the Brahmachari practically loses no energy, vitality or other benefits derived from Brahmacharya in the sense of totality. It is like taking out a glass of water from a lake...Does the lake get depleted and become shallow further to removal of a glass of water? NO.

Though outside the purview of this question, For the benefit of celibates who plan to marry or married celibates who wish to beget progeny, I will now also put forward the conditions and rules that a Brahmachari and his wife can follow if he wishes for a happy and virtuous married life, offspring, and yet derive the full benefits of Brahmacharya by being undeviated from the concept of true Brahmacharya:

1. The final purpose of marriage is evolution and companionship. Further to taking the vows of marriage with the blessings of elders, well wishers and society, the man and wife should stay by each other through the joys and sorrows, the ups and downs of life based on the foundations of true love, loyalty, fidelity, trust, understanding, companionship and genuine care and concern for each other as 'souls'- The manifestations of God and not as 'bodies' made of flesh and bone. This approach and perspective towards one's spouse ensures that the couple are not overpowered by lust, passion and delusion as regards to each other and always 'view' each other as 'pure souls' brought together by divine will to help each other evolve and attain self-realization. Such an approach automatically ensures that Brahmacharya in married life becomes 'effortless and natural' and that the love, bonding and genuine feelings of care and concern become very strong and concrete at the innate level. Such couples receive divine blessings and do not desert or cheat the other for impermanent sense pleasures such money, name, position or fame. Their relationship develops on the rock solid foundation called 'true love' which is beyond the body, looks, social & financial status, which are all external and impermanent factors of life. True love has nothing to do with these external factors. True love is that permanent and indissoluble feeling that springs from recognition and gratitude towards the other person as a 'manifestation of god' and as a 'soul' who has come to enrich and ease our life. With such a perspective, the man and woman should lead a life of virtuous Brahmacharya with adequate God meditation/prayer and governed by the tenets of kindness, truthfulness, non-violence and non-possessiveness for other's wealth and property. Constant efforts and perseverance in this direction will being enormous happiness and contentment in the marriage and make the joint life of celibacy the gateway to sheer bliss.

2. At the earliest point of time after marriage, the couple should make the effort to beget a child. It is to be remembered that the purpose of marriage is prog

eny, companionship and evolution in that order. Delay in begetting a child can l ead to the couple getting caught with lust, passion and finally discontentment a nd suffering. Hence begetting a child should be the first priority after marriag e.

3. The man and woman should ascertain the monthly 'fertile period' of the wife (the time when she is most likely to conceive) and engage in the reproductive act . Before commencement of the act, the man and woman should meditate whole hearte dly for a few minutes on God with complete devotion and surrender and request - " O Lord, The great creator, Me and my beloved wife will henceforth engage in th e divine act of reproduction for begetting progeny. Kindly bless us with a virtu ous and divine 'soul' in the form of a child who is endowed with spirituality, h ealth, intelligence and wisdom. Salutations to thee".

4. On successful completion of the act, the man should leave home so he and his wife stay away from each other for a period of two days. Further to the break in Brahmacharya, the emotional states of the man and wife would be volatile, vulne rable and sexually unstable due to expenditure of their vital fluids and indulge nce in the act which consumes much 'Prana' or life force. In order to ensure tha t no more unwanted sexual interactions occur, the man is advised to leave the pl ace for two days to let his own and his wife's emotional states stabilize and co me back to normal.

5. Upon completion of the two days of separation, the man and lady revert to the ir combined life of celibacy and carry on as before.

Further to such an honest, virtuous and divine life of combined celibacy where t he man and woman conserve and transmute their vital essences and cohabit with ea ch other only for wanted offspring, It is said that a 'great' soul comes down th eir family way as a child. Children born out of such a holy union between a man and wife in a combined life of celibacy will most often be exceptionally talente d, healthy, virtuous and noble with an abundance of lofty qualities.

The benefits of God-bliss, health, prosperity, true love, genuine understanding, concern, care and absolute loyalty that a couple derive further to a combined m ode of celibacy in marriage with constant God-meditation and prayer are the resu lts which I have personally experienced in the joint mode of a combined life of celibacy that I am leading with my wife. This is based on my personal experience and is beyond doubt.

To sum up, a virtuous life of Brahmacharya before marriage and continuance of su ch a life after marriage with a 'pause' while trying for offspring does not in a ny way weaken, debilitate or reverse the benefits one has gained from celibacy. Further to getting done with fathering a child, the aspirant and his wife can co ntinue with their life of Brahmacharya with complete focus and devotion and aim for a 'lifetime of Brahmacharya' that leads to realization of one's own self and completes the purpose of the human existence.

God bless and have a nice day :-)
Dhananjay

Question
Are there any simple yogasanas for controlling the man's sex desire ?

Are there any harmless medicines for controlling the man's sex desire ?

Yours sincerely,

SARAVANAKUMAR

Answer
Thanks for your questions, Saravanakumar! I'll do my best to answer them.

Q: Are there any simple yogasanas for controlling the man's sex desire ?
A: Yes, Sivananda recommends the simple "Indian-style" sitting position - left h eel at the genital base, right heel on top of the left leg, hands placed in the lap. The back should be straight and head titled down slightly. The mastery of this position is to hold it for over three hours.

Q: Are there any harmless medicines for controlling the man's sex desire?
A: Actual medicines (western meds, strong herbs) will toxify you in one way or t he other (unless your are sick), and the more toxified you are, the more desire the body has to eliminate these toxins possibly via the semen. So I'd stay away even from medicines unless you have an actual state of illness to cure.

There are mild herbs that are generally soothing like chrysanthemum and mint whi ch can be good as occasional teas (in addition to avoiding spicy foods and veget ables of the onion family). Sleeping next to lavender plants could help to get sleeping times earlier and improve spiritual life.

Also a good policy in general is to stay off of western medicines completely, an d only use herbs sparingly in their place. This will help you greatly reduce yo ur toxic load and thus reduce sex desire.

Hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question
Hey Dhananjay,

How are you? I have some questions on celibacy and
interpersonal relationships which I would like to be
clarified
1. What is the danger in people having physical
relationships with the opposite sex for fun?
2. Why is it necessary for man and woman to stay perfect
virgins until marriage and establish sexual relations with
none other than their spouses? what is the gain by this?

Please clear these doubts in me. Thanks again for your
service.

Answer
Hello Robin,

Thanks for the queries. Let me try and put forward the answer,

Q1: What is the effect of a physical/ sexual relationship between a man and a wo man carried out for fun and entertainment outside the bounds of marriage?
A: Whenever a man and woman indulge in sexual intercourse, the astral bodies (al so called subtle body or mind body) of the man and woman merge together, and force s get created in the cosmos that are fully conducive for the birth of a new chil d. The connection thus formed between man and woman during intercourse produces an astral, umbilical-cord-like tube in the lower astral-plane world (the appeara nce of this astral tube is somewhat cloud like in color, about six inches in dia meter and can be clearly seen when the astral body of the person concerned is vi ewed by deep meditation). The tube gets thicker, stronger and denser with every repeat act of sexual intercourse.

Why has God created this astral tube?
The basic function of this tube is to ensure genuine feelings of trust, true lov e, affection; understanding, sacrifice and bonding are produced between a legall y wedded husband and wife, though they were strangers to each other before marri age. It is through these tubes that two complete strangers who had never known e ach other get the feelings to stay by each other, be loyal to each other and hel p each other in times of need. In other words, this channel acts as the means by which the couple exchanges thoughts, ideas, feelings and in general communicate s with each other at the astral level. It helps in transmitting the true and unc onditional love that should exist between a husband and wife. This astral tube i s really a channel through which all the ingredients necessary for a couple to s tay together and form a healthy and a happy family unit flow through. It is a ch annel which is designed to work fine and produce wonderful results when present between the husband and wife only. Period! Its purview is limited to one man, on e woman and the man and lady are none other than the husband and wife.

Effect of promiscuity:
When a man or woman has numerous affairs leading to sexual relationships with ma ny people via casual sex, a huge population of people gets connected to one anot her through many astral tubes . A great mass of astral matter envelops them without their knowledge as they go from one sex partner to another. If such a person s as tral body were to be viewed through meditation, it would show N-number of astral tubes branching out to numerous people.

Now the purpose of the astral tube was to help develop a strong wedlock and form a strong family unit; but the man or woman who has multiple sex partners has no intention of settling down with any one person. All he or she is looking for is momentary sexual gratification, nothing more and nothing less. Also, most such relationships are fueled by selfish, evil motives such as manipulation, conquest , lust and a Use and throw attitude. Ninety-nine times out of a hundred, the peopl e don t have an iota of regard, respect, concern or understanding for each other a nd are motivated by sheer passion and lust. There is a total absence of seeing e ach other as individuals and what is present is only the perspective of viewing each other as objects of sex . Once their questionable motives are sated, they dese rt and move on to another person thereby possibly hurting and wrecking the oppos ite party at the mental, emotional and psychic levels. This creates a strong karm ic reaction in the cosmos. The hurt and aggrieved person might have been promised marriage or a steady relationship and would have developed expectations regardi ng the same at an intense emotional and psychic level. The moment all his/ her h opes and dreams are crashed by utter betrayal resulting from the breakup, these very same hopes, affections and feelings turn into a dense mass of jealousy, bit terness, revenge and hatred. And the very astral tube which was formed between the two and still exists strong and firm, now becomes a channel through which these negative energies flow between each other. This causes worry, fear, emotional i nstability and a lack of peace of mind between both the parties involved.

A person who has had multiple sexual relationships has that many live - astral tubes with all his/her ex-partners. Each of these astral tubes lasts for a minimum perio d of 12 years (from the time of the last sexual encounter, if there is no repeat encounter) and can even last a life time or many births based on its density an d thickness. Even if one were to realize his mistake and take up a strict practi ce of Brahmacharya with a virtuous life and constant prayer to God, it would sti ll take a minimum span of 12 years for each of the astral tubes to disintegrate co unting from the date of the last sexual encounter.

It is further to the presence of this astral tube that telepathic messages, vibrat ions and longings get communicated with former partners even if a person has cea sed to have all contact. If one of the ex-partner were to intensely long for the subject concerned from one part of the world, the other party gets a feeling of

recollection and re-living of past thoughts and actions and may be even tempted to revert for another sexual encounter, even many years after termination of the relationship. Such is the result and power of communication accruing through formation of the astral tube . While it may appear that the people concerned have forgotten each other and moved on, they are in reality very much connected by the astral tube . A serious and very strong consequence of much gravity has occurred without their own knowledge while playing around with the opposite sex with dishonorable intentions!

This condition of the presence of many such astral tubes with numerous ex-partners ultimately creates great havoc and problems to both the parties at all levels and turns into the harbinger of what most people term bad luck . The soul or the Atman ets further cocooned by thick layers of delusion and ignorance. The negative vibrations that get created in the cosmos further to such sinful acts float around for a very, very long time. Even if such sexual encounters were carried out with mutual consent, the presence of these astral tubes prevent the parties concerned from establishing a loving and strong relationship with the person whom they finally marry and settle down with; for the tubes would be still alive and in a mode of transmission with former partners, akin to a live cell phone connection. They interfere and wreck the factors which go into the making of a strong man-wife relationship and can cause destruction of the resulting family unit.

For this reason, those who indulge in playing around with multiple partners pay a heavy price for their thoughtless acts in the form of sheer misery ultimately.

Q2: Why is it recommended that a man or woman stay perfect virgins and follow strict Brahmacharya till marriage?
A: The force called Kundalini which is nothing but the net sum of all Prana or vital energy present within, is the source of all life, energy, greatness and power within man. This power is a direct result of the conversion of sexual essence and conversely also gets dissipated by sexual activity. For the twelve to fourteen years of the period of childhood, nature keeps the sexual essence dormant and inactive externally and restricts its activity internally to help achieve full growth of the body, brain, mind and intellect of the child. This is the reason maturity or puberty onsets at adolescence and not during childhood. As soon as a virgin man or woman has had the first intercourse, sexual awareness in the person gets heightened and focuses into the external world and the man or woman become more receptive to the forces of desire. By sexual intercourse, a psychic-astral tube as discussed earlier gets created between the Mooladhara chakras of the 2 people concerned.

If this force is contained within the purview marriage with blessings from the higher astral regions of Gods, rays similar to the astral tube are formed between each one of the couple and astral entities such as Devas or Gods through the higher chakras . A holy and divine state of matrimony is then considered to have been entered into. The purpose of marriage is progeny, companionship and finally self-realization. Scriptural sources state: "When a young virgin man and virgin woman marry and indulge in the sexual act with each other, their union is very strong and their marriage stable. Their astral tubes, or naadis grow together, and they form a one body and a one mind. This is the truest marriage and the strongest, seldom ending in separation or divorce. Conversely, if the man or woman has had intercourse before marriage, the emotional/psychic closeness of the marriage will be less intense, and this will be in proportion to the extent of earlier promiscuity."

These higher astral connections with astral entities and lower astral-psychic tubes that are created between husband and wife are designed to handle the forces that exist in healthy matrimony. The tube is the basis on which healthy familial relations develop between man and wife and help them settle together. Further to parenting children, the couple can get into a life long mode of Brahmacharya

and attain self realization.

The release of the sacred seed (via semen) into the woman during sexual intercou rse establishes, through the first chakra or the Mooladhara chakra , the connecting psychic astral tube which can be clearly seen on the astral plane during deep med itation. It is through this psychic tube that feelings, telepathic messages and subtle modes of communication pass between the married couple. It is by the pres ence of this astral tube that we see abundant bonding, sacrifice and unconditional love between couples whose love is beyond the body and external factors. Many o f these couples can exhibit knowledge on what the other person is thinking or ca n sense if something is wrong with the other even if they are far away from one another.

A man and a woman, who indulge in milder forms of sexual expression such as a to uch, hug etc... Also establish a temporary connecting link of astral matter whic h penetrates their auras and covers their physical forms. It appears as a psychi c mass connecting the two of them as wide as the length of their bodies. This as tral matter is created further to the expulsion of emotional energies, blending their auras together. The psychic connection is powerful enough to repeatedly pu ll them back together or cause emotional pain if they are separated. But unless the encounter is repeated, this milder form of astral matter will wear away in a few days or a month at most, unlike the astral tube derived from intercourse whic h lasts for 12 years at the least.

The scriptures state that each one of us is born in a state of brahmacharya. Upo n reaching puberty, those boys and girls who remain virgins maintain their inher ent state of brahmacharya. They are able to ward off, and may not even notice, m any emotional and sexual temptations that would be troublesome to the non-virgin . This is because the astral shield surrounding the virgin's aura has never been penetrated. Reading a book about worldly experiences only pickles their curiosi ty, whereas had they established psychic, tubular connections with a member of t he opposite sex as described earlier, the very same reading would stir up sexual desire at a much more intense level. Such virgins who are into brahmacharya sin ce puberty can easily continue a life of celibacy and attain self-realization fu rther to marriage and parenthood.

Sexual intercourse between the virgin man and woman before and outside marriage is the key that destroys this Brahmacharya. Also, all other forms of sense stimu lation either via sight, smell, taste, touch or sound that fire up the sex plane lead man to the domain of self stimulation and finally actual intercourse. It i s for this reason that a Brahmachari is advised to avoid anything and everything which might fire up the sex plane within him. As discussed earlier, intercourse causes an astral, umbilical-like psychic tube to form in the inner ether betwee n the couple. It is within this psychic tube that the forces of energy and desir e flow from one to another. These are the same forces between mother and father which culminate in the birth of a child and surround and protect him or her thro ugh earthly consciousness until age twenty-five. The psychic connection between the mother and father emotionally stabilizes children in the family. But if ther e are other astral tubes present either in the mother or the father further to pre -marital encounters, or new ones being created with members of the opposite sex due to ongoing extra-marital encounters outside of the marriage, children suffer emotionally while growing up. The forces and vibrations resulting from the pres ence of other tubes in either father or mother have a strong tendency to cause unr est, fear and confusion in the child.

It is for this reason that all religions in the true form ordain man and woman t o lead a virtuous life high on morality backed by celibacy and abstain from any mode of sexual interaction with the opposite sex till marriage. This will ensure that further to marriage, they will be fully poised to develop healthy, strong and spiritual connections with each other which will in turn produce talented an

d virtuous offspring. After parenting children, the couple can easily revert to their earlier mode of celibacy and thereby succeed in attaining spectacular succ ess in both the materialistic and spiritual domains. The presence of a single, u nidirectional astral tube between them awards them with the abundant tendency to f ully support , understand and grow together in the spiritual life that they aim to develop and finally realize the soul or the Atman .

God bless and have a nice day :-)
Dhananjay

* Some of the material posted in this particular write up has its source from ar ticles published by the Himalayan Academy .

Question
Dear dhananjay,
i am very impressed by your answers of various questions given here by you.Now i have also decided to practice celibacy wholeheartedly.I want to ask,is celibacy important in improving only self?How can change life of others by becoming celi bate?I heard some yogis who have power to cure incurable diseases of mankind by just touching them.Can these siddhis be attained by becoming true celibate?
Thank you.

Answer
Hello Neeraj,

Good to know of your interest regarding Brahmacharya. Coming to the answers,

Siddhis and superhuman miraculous powers cling to the pious Brahmachari after ma ny years of unbroken celibacy when he starts getting close to becoming a complet e Urdhvaretha or a non-semen producing Yogi. To the Brahmachari, these are reall y not miracles but only a manifestation of the already existing powers of the so ul further to the layers of 'Maya' around it getting unwound.

The Urdhvaretha who has reached such a state makes use of these powers to do goo d to mankind and alleviate their suffering under divine orders from above and ne ver for selfish or commercial purposes.

A plant sapling cannot protect a gathering of people from the elements. In order to shelter people and offer shade, it has to survive the various attacks from l ivestock trying to eat it and finally succeed in becoming a large and well grown tree after many years of growth. Only after it has reached such a state can it shelter people from the sun and rain. In the same way a Brahmachari needs to per sist in many years of unbroken Brahmacharya emerging victorious against the atta cks of lust and temptation with constant prayer and God-meditation to reach a st ate where he attains superhuman powers that can be used rightly.

Before one tries to 'change' the lives of others, one should have succeeded in c hanging one's own life! So charity begins at home. We first need to correct our own shortcomings before we can reach a stage where we can effectively correct ot her's shortcomings.

God bless and have a nice day :-)
Dhananjay

Question
Hello there Dhananjay,

I wanted to ask, how many hours should one sleep everyday to
keep perferct Brahmacarya & is it better going to bed early
or late ? or does it matter?

Thanks,
Tony

Answer
Hello Tony,

Hope you are keeping fine. Coming to your query,

Q: What should be the duration of sleep for a celibate?
A: It is best to give the body seven to eight hours of deep sleep. Early to bed and early to rise is the formula on which one should base the sleep cycle. Wakin g up early in the early morning and performing physical exercises and meditation is the best approach conducive for celibacy.

Trust this helps
God bless and have a nice day
Dhananjay

Question
QUESTION: Hi Ian,

I was wondering if you could outline the general benefits you have felt in your life after becoming chaste; and has your life remained noticeably positive after the initial months?

Do you consider yourself to have found the 'safe side', i.e. you are much less l ikely to be tempted?

Most importantly, I wondered if you could outline any technique, be at an asana, breathing practice, or anything else, which can be practiced to maintain chasti ty. I am a student, and with the habits of others at my age, as well as temptati on, I would be happy to learn what has worked for others.

Lastly, is there anything regarding maintaining chastity that you would like to add?

ANSWER: Hi Luke! Thanks for your questions. I'll answer them in order:

Q: I was wondering if you could outline the general benefits you have felt in y our life after becoming chaste; and has your life remained noticeably positive a fter the initial months?

A: There were several astounding benefits. First were the health benefits.

Before my practice of strict continence, I was just over 30 and having lived in a foreign, heavily-polluted country for several years. I had been living with m any difficult health conditions. I counted them in a diary and was trying to cu re or ameliorate them one by one - but there were nine things on the list. Abou t seven of them would be what I'd call very difficult conditions. These include d worsening teeth, IBS, psoriasis (on the legs, stomach and arms), persistent la ryngitis, among others. At least one of my conditions (meningitis) is thought t o be incurable by Western medicine. So being saved of these conditions seems no thing short of a miracle to me. At the point when I realized I was relieved of these conditions, I sobbed for a long time. I was very, very thankful.

Secondly, after becoming a strict celibate I had much more time in the day and m uch more room in my mind for thinking about constructive things. In the period directly after becoming celibate, I carried four teaching jobs alone, along with

a band, writing and publishing a book, and working on three webpages. I made so much money that paid off my condo in only a year and a half. I'm only 33 now, and I own my own home.

Thirdly, I had been blind to the effects of energy and spiritual phenomenon in life. Before my mind was burdened, so in a sense, I couldn't turn around and see these amazing events. Becoming continent "powered" my mind and spirit so that I could understand the workings of the spiritual, understand that they are very real, and actually begin to meditate, chant and really enjoy the spiritual life.

This turning around is more literally a change in focus from the very material concerns of flesh to the spiritual concerns. I see people who have sex addictions literally looking down all day. Metaphorically, their mind is in a gutter like mine was.

Q: Do you consider yourself to have found the 'safe side', i.e. you are much less likely to be tempted?

A: Absolutely. There are different stages of this - post three months, post nine months, post one year. Everything past the first year has been pretty much the same in feeling. After the second year I've regained some of my childhood naivety and feel that the concerns of big people are again "gross", "mush", and full of "cooties" (to borrow from my old vocabulary). This is a key element of bliss as well.

Q: I wondered if you could outline any technique, be it an asana, breathing practice, or anything else, which can be practiced to maintain chastity.
A: My two most dear techniques are not very obscure at all. Simply go to bed and rise early. Also, it's very important to maintain a diary in which you outline your daily activities and your competence at completing them.

Q: Is there anything regarding maintaining chastity that you would like to add?
A: I'd like to add that everyone has their own level of willpower. The less willpower you have, the more you have to set up your situation to be free of temptation. This is also true starting from the beginning of your practice of chastity, as temptations are typically harder to deal with in the first few months.

Some possible methods:

Make sure parental controls are in place in your computer. Use strict filtering under Google images. Use a mailbox with a very effective spam filter. Also use "Comment Snob" plugin with Youtube to avoid course language.

Avoid friends with course language and bad habits. Start clean socially and try to attract those on a pure and holy path. Get with other men and participate in activities with many other men. Cultivate relationships with moral, clean men.

Do not allow women in your living space, at least after dark. Don't go out in public with women around your age just one on one. Try to invite others to attend if you see this happening.

To reduce spermatorrhea sleep on a harder surface, use rougher linens and visualize resistance to temptation before sleeping.

Hope this helps!

-Ian Clark

---------- FOLLOW-UP ----------

QUESTION: Hi Ian, thanks a lot for the answers.

I wasn't aware, although I suspect, that chastity does take months at least to b ecome established in. I read your reaction to being healed of the illnesses, whi ch must have been very fantastic.

I have a follow up question after hearing the comment that pornography is the ca use of a sexually reressed society, and that we are all sex repressed. How do yo u respond to this type of comment? To me, it seems chastity is currently too vas tly underrated to be visible alternative.

Again I'm a student so my experience is limited.

Thanks again,
Luke.

Answer
Thanks Luke for the questions.

A: After hearing the comment that pornography is the cause of a sexually reresse d society, and that we are all sex repressed. How do you respond to this type of comment?
B: The first sentence doesn't make sense to me. Perhaps you meant to write: "po rnography is the result of a sexually repressed society".

But in any case, the idea that today's world is sex repressed has some serious p roblems. It assumes that we should do it as much as we want, without regard for its natural function and result. I would mention to them that even a common ca t has more sexual control than people do. The cat will have two heats, about on e week each, totaling two weeks out of the year having sex interest. We also ne ver see cats masturbate. The only time we see other animals in deviant behavior s is in captivity. In general animals' level of control is much higher than our own.

In history we notice that people of old had a much higher standard of control. Lord Buddha called celibacy "the middle path". In His age there was one extreme , hedonism and another extreme, masochism. To saints and sages centuries or mil lennia past, celibacy is a very natural state indeed. I'm not torturing myself with it. Nor am I going beyond the bounds of natural order (procreation).

In today's society, trying to explain the values of chastity to people is like t rying to forbid candy to a kid. They will scream and cry and try to find any ex cuse possible. But we must remind them that what we want and what makes us happ y are two different things. Life without discipline is verging on death. Anyon e successful in life will keep their long-term goals in mind and eschew cheap th rills. Any advanced society will embrace "repression" of sin and encourage subl imation of base desires into intelligence. We will construct artificial, anti-n atural things like homes, clothes and books. We will control ourselves to using things for their natural purpose, if for any purpose at all. We use medicine t o cure disease, not to get high. We sex when we want children in a family, not for entertainment or fun. We play games for educational value but not for gambl ing and so on and so forth.

So many people are so interested in titillating themselves so often, that repres sion (pressing back) has been given negative connotations. Considering all its real-life benefits, however, It could be restored to being a positive word, don' t you think? I actually enjoy life more than ever now that I'm repressed.

Hope this helps!
-Ian Clark

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Hope this helps!

-Ian Clark

Question
Hello Dhananjay,

I just wanted to ask why do some people find
that sex or masturbation is a good release of tension
& stress? are they widely misinformed on the whole purpose

of celibacy or what? Is it that they can't handle all that sexual energy/semen being built or perhaps they don't know how to transmute it ?

p.s I would think ''tension'' of the whole body alone would be an excellent thing physically for sports as long as you keep stretching and eating right; wouldn't you think ?

Answer
Hello Troy,

Trust you are doing good, coming to your query,

Q1: Why do people generally experience an 'apparent' release of tension further to the sexual act?
A: When man comes under sexual duress, positive 'pranic energy' or vital life energy which is the source and fuel for all of man's activities, growth, progress and success gets converted into 'sexual energy'. Left to himself there is nothing called sexual energy within man. It is the thought of the sexual act as a source of delusive pleasure which fires up man's sex plane and converts healthy life force into sexual currents. When man continuously ponders on objects in the sex plane, most of this vital creative energy from within (which he could have used for creative activities and attained fantastic success) gets converted into 'sexual energy'. Further to a few days in this state, this sexual energy heightens and expands (by drawing from his vital energy) and he becomes like a balloon fully filled with air. Once he reaches this stage he feels a strong urge for sex which is what people refer to as the 'sexual need'. If he indulges in sex or masturbation, these sexual currents get temporarily released (thereby also draining the body of the precious vital energy) and he feels an apparent release of 'tension'.

In reality he has foolishly created this sexual tension in the first place by pondering over the objects of senses and converting his vital energy into sexual force. There is nothing called as a sexual need at all in the first place. It is only a result of delusion fueled by past memories of sex as a source of pleasure. With every sexual 'release' man actively participates in the process of converting his precious vital force into sexual energy and throwing it all away. It is like a man who has a million dollars in his bank account, he takes out a few thousand dollars every few days, buys cylinders containing a poisonous gas, locks himself into a room and lets the gas loose. At the point when the whole room is filled with gas he complains of a 'tension' arising due to lack of fresh air and decides to open the windows to let the dirty air out and fresh air in. After a few days he is back at his trick again – Drawing money from the bank, buying gas and then throwing it all away! Such an irony. At least money can be earned back but semen once lost can never, never I repeat never be got back. To produce every ounce of semen the body takes a great beating. It is produced at the cost of his entire well being.

As man starts to free himself from the grip of sexuality through celibacy, he will soon start to realize that lust is just a trick of his mind and really non-existent. Whatever stirrings of lust he feels are only a recall of his past associations with this activity. Once he starts to conserve this great force present within, he sill succeed wonderfully in whatever action he engages in and shine like a star.

The secret of transmutation is to keep the mind free of sexual thoughts in the first place and give adequate work for the mind/ body and heart in constructive activity.

Trust this helps

God bless and have a nice day :-)
Dhananjay

Question
I am very much interested in practising celibacy (brahmacharya). But I am having 2 problems.

1) Once in 15 days, semen is coming out in the sleep at night without my knowledge or endeavour.

2) Sometimes, I am getting severe pressure from my mind to the extent that I am finally in landing up in doing masturbation.

I want to stop these 2 bad habits altogether and I want to follow strict brahmacharya. I have tried various methods to stop this. But nothing has worked out.

Can you please help me by giving your valuable guidance?

Eagerly waiting for your favourable reply at the earliest.

Yours sincerely,

SARAVANAKUMAR

Answer
Hello Saravanakumar! Thanks for the questions. I'll do my best to answer them below.

Q: What should I do about wet dreams?
A: More sublimation of the semen is needed - more chanting, meditation, and diligent work. Also, sleeping early, not eating after sundown and sleeping on hard surfaces with rough bedding often help.

Q: I can't seem to control a strong mental desire to masturbate. What should I do?
A: A man has to work up the length of time that he can control himself. It doesn't just happen all of the sudden for most of us. If someone is training for a race, he'll run often, but also keep a stopwatch and record his times and progress. You, too, need to keep a good record of your daily activities and thoughts, and pay special attention to your longest period of brahmacharya. If it is one month, then keep your diary from day to day, and keep track of your next time you get up to around a month. Try to go past one month. Some will make it to a month first, then be able to reach three months right after that. Hopefully you, too, can get ever-impressive times, all the way until you are totally free.

If you have wet dreams, these are a much better phenomenon than masturbation. Masturbation destroys the mind in all stages - the astral, subconscious, and conscious. Wet dreams are something we battle with on the astral plane. They don't filter through our conscious mind very much, and as such are less damaging. Also, wet dreams are almost a purely physical phenomenon where the body is trying to purge itself of toxins (on its own schedule), like a woman's period. It isn't enjoyable, and it is best avoided, but it will happen.

So your first order of business is to make your promise to God that you will try your hardest to stop masturbating and having recreational sex for the rest of your life. Keep your records, and once you can hold out for more than a year, you're generally past the physical part of the challenge. A simple and extreme principle is easier to act upon, as opposed to a long list of strange, complex conditions upon which you might break your vow. See the celibate man (like Christ, Lord Buddha, Krishna...) and see the glory they attained by implementing simple

, clear-cut rules in their life.

Hope this helps!

Question
Can you please tell me how to develop strong determination for maintaining perfe
ct brahmacharya ?

Answer
Hello Chandru! Thanks for your question. My answer is below.

Q: How can someone develop strong determination for maintaining perfect brahmach
arya?

A: It all starts with observation. A man needs to write down or otherwise logica
lly digest what he sees and feels every day. Through the practice of chastity, a
n observant man will begin to see clearly the great joy and blessings the path o
f brahmacharya holds. When he fails temporarily in his quest, he also needs to m
ake careful note of his change of state, how different the world looks, and how
misfortune and depression take over when sinning. Through careful observation, t
he rectitude of the brahmachari's path becomes very clear, and the determination
 to take this glorious path with all seriousness sets in deep within his soul.

I hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question
I heard that repetition of some positive sentences again and again in the mind g
ives strengthening to the intelligence(affirmation). Through this process, we de
velop strong determination to give up the sex desire. Also, people are saying th
at this process is a churning of the heart. Is it true ? Will this process reall
y work out ?

Why sex desire is coming for us ?

Answer
Hello Chandru! Thanks for your questions. I've summarized them below.

Q: Is it true that chanting can help us in chastity? How does chanting support c
hastity?
A: Indeed it is. It helps by washing the mind of impurities. The practitioner ca
n fill his mind with a positive and powerful mantra and forget many of the damag
ing images and experiences he's had. Srila Prabhupada once said (and I'll paraph
rase): "People say we are brainwashing. Well our minds are filled with stool. So
 why wouldn't we want to wash them?"

Re: "Churning of the heart"

I've never seen this phrase. Perhaps it means "re-arranging the mind", in which
case I'd say it is a good description of chanting, meditation, and spiritual pra
ctice in general.

Q: Why is sex desire so difficult to overcome?
A: When all of us were farmers, it was more clear to us that sex was for procrea
tion. Now there is too much time for recreation and too little physical labor in
 the day. So most people have a long time at home with little satisfying work th
at they can do. Not only is sex desire difficult to overcome in the Kali Yuga, b

ut all desire in general. People do all kinds of strange things in their boredom these days. They not only abuse their procreative powers, but also medicaments, nutrition, games, etc. They use these things for reasons other than their natural and intended use.

If one forgoes even the pleasures of family life, he has to conquer even the natural aim of procreation. This natural aim is a root desire of all animals. Philosophically, the reason that desire is there may be because of the force of karma, which is the driving force of procreation and birth. If a soul has achieved sainthood, samadhi or nirvana, it has no need for a physical body, nor does it need to correct its own imperfections by producing a physical legacy.

It's a deep question. If I've misunderstood it, please include it rephrased in a follow-up question.

Hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question
Can you please explain me,
1) What is IBS ?
2) What is Orgasms ?
3) What is testosterone?

Chandru

Answer
Hello Chandru!

Sorry for the lateness of this response, but due to the internet restrictions in China I have been unable to sign into allexperts for some days. I have finally been able to log in. I will now answer your questions to the best of my ability.

Q: What is IBS ?
A: IBS stands for Iritable Bowel Syndrome, which is when someone's nervous system gets weak to the point where digestion no longer normally functions.

Q: What is Orgasm?
A: Orgasm is the shock to the nervous system that stimulates the pleasure center of the brain and releases extreme amounts of dopamine. There is an explanation of this at my website at www.mrtao.com/holstege.htm

Q: What is testosterone?
A: Testosterone is the manly hormone. It is more prevalent in males. Testosterone is used in producing certain manly features, like bulging muscles. Women who participate in body-building contests inject themselves with it to grow muscles. Testosterone is increased by 150% after just 7 days of continence. Also on the same webpage (holstege.htm) you can see that excess prolactin caused from orgasm inhibits uptake or reception of testosterone in the first place. In other words, having sexual relations makes a man less manly.

I hope this helps!

Ian Clark
Brotherhood of the Sacred Word

Question
Hello there, I have a quick important question; does pre-cum or wet dreams weak en the body physically and mentally also? because ive been experiencing these th ings during my practice with celibacy. thank you & god bless

Answer
Hello there,

Hope this finds you doing good by the grace of god. Coming to your query,

Q: Do wet dreams cause physical and mental weakness?
A: Wet dreams are a result of repressed sexuality in the waking state that manif est themselves in the dream state while asleep. Brahmacharya is attained through transmutation and channelization of the sexual energy. Repression and suppressi on will not help one achieve the state of purity but will only make the fluid es cape through wet dreams.

While the energy loss in a wet dream is much less as compared to a voluntary eja culation, wet dreams still cause weakness and despair. The subject goes through the sexual act at the mind level. Continuous wet dreams can be debilitating and depressing. The way out is to ensure the prevention of the causes that lead to a wet dream.

If a man wishes to be free from wet dreams, he should first begin with the preve ntion & formation and growth of sexually related thoughts and deeds.

1. The mind should first be trained to shun such thoughts right from the point t hey start to rake up their heads. Note the word 'shun' - In the current context it means immediately 'displace' these lustful thoughts with the opposite thought s of virtue, true love, compassion etc.. Wrestling with and suppressing these th oughts will not be of any use, they do not get displaced this way but only multi ply.
2. The mind is then loaded with constructive intellectual activity (it can be wo rk carried out honestly and committedly at the work place) so as to keep it busy and occupied.
3. The physical body is subjected to regular exercise to transform sexual underc urrents and energy into health and strength.
4. The mind is gradually resolved of its constant modifications/highs/lows by pe rforming God meditation on a daily basis with a pure mind and intent following w hich it becomes more tranquil and serene.

With constant practice and perseverance the above technique slowly starts to bea r fruit and in a years time better progress and growth becomes evident.

It is good that you are putting efforts in the practice of Brahmacharya. Keep up the efforts with sustained vigor and determination. As your thoughts become mor e and more pure with time by constant effort, wet dreams will also become less a nd less frequent and finally disappear. The key to success is an iron will and d etermination to keep the mind free from sexual thoughts. Constant prayer and God meditation to help one get free from the ravages of sexuality are also equally important.

Trust this helps,

God bless and have a nice day :-)
Dhananjay

Question
QUESTION: Dear Dhananjay,

Thanks a lot for your previous answers, and I do get motivated every time I read the answers from this forum. Infact always keep me motivated to be celibate.

Today my question is Celibacy for women.
As you said loss of semen is draining of energy(vital force), and leads to various problem. However, women weather they indulge in sexual gratification or not, they don't loose anything as men(of course ovum etc release). So please tell me how does celibacy helps them(apart from sense control)? Because they don't loose energy as men do. Atleast earlier days they use to give birth to babies often which might have brought the great physical toll. However with advent of advanced medicine, modern women don't feel the necessity.

Thanks in advance.
Shriharsha

ANSWER: Hello Shriharsha,

Good to receive your query, especially since it concerns Brahmacharya as regards to women considering it is a topic over which not much is known in general.

Q: Do the rules of celibacy apply equally to women in the same way as they do to men? And if so, what are the factors that are involved?
A: As we know the 'semen' in man and the 'ovum' in a woman are gross components by the fusion of which a 'zygote' is formed further to conception. This zygote then becomes the embryo and develops into a baby with the complete human form within the mother. In other words, the ovum and semen are the gross, physical manifestations of life force within man and woman. The power that exists in semen to create a new life is not merely in the physical fluid called semen but is further to the induction of a very large amount of life energy or 'Praana' into semen, following which this 'fluid' becomes empowered to aid reproduction.

Scriptures define semen (veerya) as a compound consisting of water, vidyuth (electricity), tejas (light) and other physical components such as enzymes and protein. Note the words vidyuth and tejas. These are the direct representations of Praana (life energy) within the fluid that actually aids fertilization to create life. It is for this reason that a man feels drained, weak and lifeless further to losing semen. By losing semen, he has lost the very electricity, light and life energy that were formed in the body as the end product of digestion. Semen is hence the net sum or end product of all life sustaining processes that occur within the body. It is the penultimate distillate of distillates, the nectar of nectars and the supercharged fluid meant to create another human being. No other fluid in the body can create life.. So it follows that conservation and transmutation of this super-fluid amounts to rapid build up of life energy.

What is it that a man looses when he expels semen? He loses the sum total of all his life energy (praana) and vitality. The weakness, energy drain and exhaustion that he experiences are not merely by losing a few milliliters of the organic body fluid called semen but due to losing the praana/vidyuth/tejas that the seminal fluid has been charged with. The fluid is only a medium, just as an electric wire is the medium to transmit electricity. When we use electricity to light a bulb, it is the electricity that is getting spent and not the wire! We get a bill at the month end for the electricity we have used and not for the length of wire we have installed! Note the difference. Semen by itself at the physical level can be compared to the wire. Just as the wire without electricity has no power, semen by itself is just a fluid without power. It is the induction of life energy in the form of praana/vidyuth and tejas into this fluid that make the ordinary fluid into a supercharged fluid capable of creating life. So when we say semen is precious, it is precious because it contains praana/vidyuth/tejas which are the sum total of all life energy. Semen only happens to be the fluid medium through which these life energies are being transmitted just as the wire transmits e

lectricity.

What has been explained above as regards to men applies equally and in parallel to women. Just as men have semen (veerya), in women there is a corresponding flu id called 'RAJAVEERYA' that carries the ovum. In case of man the ejaculation of vital fluid is external and outward as it's function is to reach the female and ensure conception. In case of a woman, there is no outward ejaculation of her 'R ajaveerya' but a release of this vital fluid within her own body to receive the male sperm and ensure conception. In other words the woman secretes an equivalen t fluid of the male semen but that which contains the ovum and whose function is to stay within her to aid formation of the 'zygote' which then becomes the embr yo and finally the child. This 'Rajaveerya' contains the 'ovum' - The female re productive element that has an equal part in creating life. Now what is the ovum ? It is again nothing but a gross manifestation of the woman's life energy. It i s the female seed derived after drawing from all the essences and life forces wi thin her body.

Let us now take an example. Let us assume there is a man who is constantly indul ging in strong sexual thoughts and fantasies through the course of a day for man y days without indulging in actual ejaculation. What would be the outcome? There would be two important outcomes in this scenario:

1. He would find himself more tired and less strong as compared to the strength and energy that would have been at his disposal if he had kept himself totally f ree from these sexual thoughts.

2. He would shortly experience a wet dream within the next few days during sleep and loose his semen.

What can we learn from this example? That in spite of not physically 'ejaculatin g' the man found himself tired and experienced some energy loss and this energy loss became complete further to 'ejaculation' during the wet dream. Now what mad e him feel tired and less energetic after fantasizing in spite of refraining fro m a voluntary ejaculation? There must have been some other 'component' that he l ost in spite of not losing his physical semen. This 'component' was nothing but the praana/vidyuth/tejas part of his semen. It was the energy with which his sem en had been super charged. It was the 'electricity' we referred to in the electr ic wire earlier. The energy loss he felt was due to losing this very subtle ener gy by sexual radiation. Constant fantasizing made him radiate large amounts of m ental, physical and emotional energy into thin air. The same energies which had super charged his seminal fluid got dissipated through radiation. Further to los ing its praana/vidyuth/tejas component, the physical fluid called semen almost becomes powerless and is of no use to the body. The body hence throws it out dur ing a wet dream.

Just as the man radiated large amounts of his vital energy into nothing via fant asizing, women also loose much energy and vitality further to indulgence in sexu al thoughts and deeds. The first signs of this energy loss via radiation are fat igue, tiredness and irritation. Unlike man there is no external ejaculation. But 'Rajaveerya' that has been secreted from the sex glands (ovaries) of the woman looses its share of Praana and life energy during sexual fantasy or indulgence a nd becomes a lifeless fluid like semen from which the vidyuth has been taken out . This equivalent fluid which women produce also gets sapped of its true power a nd supercharge meant to create life. Once 'Rajaveerya' reaches this state, it be comes useless to the body and is expended once a month during the course of the woman's 'menstrual periods'. Women who are highly sexed and amorous have invaria bly been found to be nervous, high strung, irritable, frustrated and physically weak as they near middle age while virtuous, restrained women devoted to their f amily and staying away from sex as the chief form of pleasure tend to live a hea lthy, happy and contented life. Thus women suffer exactly the same loss of energ

y, vitality and life essence as men further to recreational sexual indulgence.

It is for this reason that Brahmacharya is a mode of life that is to be carried out in thought, word and deed both in men and women. Mere restraint from ejaculation of semen doesn't serve any purpose. Impure thoughts will eventually expel semen through a wet dream. What is required is ensuring that sexual thoughts are not let to grow and multiply within the mind in the first place. Only then can the production and formation of semen in men and Rajaveerya in woman be restricted and controlled. Once this is achieved, vital energy which earlier went into making the male or female reproductive elements, now becomes available for other constructive purposes like deep meditation and spiritual growth.

In a man who is a complete Urdhvaretha yogi, the very formation of semen is arrested. He directly makes use of his Praana for higher purposes without letting it form into physical semen. The process of transmutation is required for a man who wants to convert physical semen into 'Ojas'. Where is the need for transmutation in case of an Urdhvaretha? He prevents the very formation of semen in the first place! So the question of transmutation doesn't arise. Similarly in women Yogi's of the highest order, the very occurance of the monthly menstrual period stops. Where is the need for her period when there is no impurity to be thrown out? Menstrual periods in normal women signify expulsion of the unused ovum and the endometrium (inner lining of the uterus). In case of a lady of spotless chastity in thought, word and deed, the very formation of these elements gets stopped. Since there is no toxin or unused impurity to be expunged, such Holy women are known to get free from the menstrual period eventually just as an Urdhvaretha gets free from wet dreams. This is the highest state of Brahmacharya. Only a self-realized soul can be a complete Urdhvaretha. It takes a minimum of 12 years of absolute practice of true Brahmacharya with the grace of god to get established in this state.

Krishna tells Arjuna in the Bhagavad-Gita (Chap II-59): "Rasavarja, Rasopyasya, Param Drushtvaa Nivarthathey" - "O Arjuna, even the relish or tendency to enjoy sense pleasures leaves the man after he has realized the supreme". Till such a time the tendency to fall exists even in the most advanced celibate. One must forever be cautious against the onslaught of lust till such a state has been attained.

To sum up, women need to be as equally cautious as men when it comes to shunning recreational sexuality. The energy and life force they loose due to lust is on par with man. On the other hand, transmutation of vital force (Rajaveerya) into 'Ojas' helps women derive benefits on par with men. A man and a woman represent bifurcated forms of the one single energy - The one universal force - The Almighty Lord, for the soul is beyond gender and the soul is just a fragmented form of God like a drop of salt water separated from the mighty ocean.

God bless and have a nice day :-)
Dhananjay

---------- FOLLOW-UP ----------

QUESTION: Dear Dhananjay,

I sincerely impressed with the knowledge you posses. Infact I been trying to tell lot of my friends the benefits of celibacy, and some of the questions(the one above) I could not answer properly. With answers from this forum I am able to mend ways to my friends in the path of celibacy.

However I wanted to ask the scriptures you refer to back your claims(it would be helpful for me to go through that and propogate the idea of celibacy). When I meant scriptures I am talking apart from BG(as I am going through it through p

roperly) like Upanishad(which upanishad in general stress it, coz I read few I did not get that much information). Please let me know it would be of great help for me to give idea to many people and propogate Celibacy in a practical way.

Thank you again ,and thank you for doing omen service.

Regards,
Harsha

Answer
Hello Sriharsha,

Nice to know of your intent to propagate celibacy among friends. It is very impo rtant that people aware of the benefits of celibacy should enlighten others rega rding the same and induce them into leading a life of purity and virtue.

Yoga is also called as 'Brahma vidya' or that knowledge by the realization of wh ich one attains to Brahman - The Almighty Lord. Brahmacharya is an important 'an ga' or component of Yoga without which one cannot realize the self.

Imparting knowledge that leads to realization of the self (Atman)to people is co nsidered infinite in merit and many times more auspicious than gifts of land, mo ney, food or other things of necessity to the poor. While the gifts of such obje cts no doubt help needy recipients to overcome their pain, it does not solve the cause of their pain, need and requirement. It only leaves the benefiter with a desire for more money, more property and more food, whereas gifting of the true knowledge or 'Brahma jnaana' that leads one to realize the self absolves man fro m desires generated by Maaya and helps him establish himself in the 'self' - The source of infinite and eternal bliss. By reaching this stage he becomes one wit h the universal 'spirit' and has no further need for the body, is freed from all sorts of hunger, desires and necessities. He becomes the 'spirit' himself and secures the bastion of eternal bliss. Hence it forms the duty of every person wh o has known the benefits of Brahmacharya to impart this divine knowledge to as m any people as possible and thereby initiate them into the path of realization of the self thereby freeing them from the bounds of sorrow, pain and delusion crea ted by Maaya.

Scriptural references to Brahmacharya are spread across the entire gamut of anci ent Hindu scriptures. An aspirant needs to go through as many of these ancient w orks as possible and gather bits of relevant information from the wide array of treatises. Some of the works that might be of interest include:

1. The Bhagavad Gita
2. The four Vedas
3. Upanishads (Chaandogya Upanishad, Muktikopanishad, Yoga-kundali Upanishad, S hvethaashwathara Upanishad)
4. The Saptah Brahman
5. Shiva Samhita
6. Vignyaana Bhairava Tantra (A discourse from Lord Shiva to Mahadevi on Yoga)
7. The Aphorisms (sutras) of Maharishi Pathanjali
8. Hatha Yoga Pradeepika by Shri Svaatma Raama
9. The Yoga Vaasistha

The list goes on and on.. The referances I have made on this forum are drawn fro m some of the books mentioned above

God bless and have a nice day :-)
Dhananjay

Question

Dear Dhananjay,

Thanks a lot for your previous answers, and I do get motivated every time I read the answers from this forum. Infact always keep me motivated to be celibate.

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Thanks in advance.
Shriharsha

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weak as they near middle age while virtuous, restrained women devoted to their family and staying away from sex as the chief form of pleasure tend to live a healthy, happy and contented life. Thus women suffer exactly the same loss of energy, vitality and life essence as men further to recreational sexual indulgence.

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In a man who is a complete Urdhvaretha yogi, the very formation of semen is arrested. He directly makes use of his Praana for higher purposes without letting it form into physical semen. The process of transmutation is required for a man who wants to convert physical semen into 'Ojas'. Where is the need for transmutation in case of an Urdhvaretha? He prevents the very formation of semen in the first place! So the question of transmutation doesn't arise. Similarly in women Yogi's of the highest order, the very occurance of the monthly menstrual period stops. Where is the need for her period when there is no impurity to be thrown out? Menstrual periods in normal women signify expulsion of the unused ovum and the endometrium (inner lining of the uterus). In case of a lady of spotless chastity in thought, word and deed, the very formation of these elements gets stopped. Since there is no toxin or unused impurity to be expunged, such Holy women are known to get free from the menstrual period eventually just as an Urdhvaretha gets free from wet dreams. This is the highest state of Brahmacharya. Only a self-realized soul can be a complete Urdhvaretha. It takes a minimum of 12 years of absolute practice of true Brahmacharya with the grace of god to get established in this state.

Krishna tells Arjuna in the Bhagavad-Gita (Chap II-59): "Rasavarja, Rasopyasya, Param Drushtvaa Nivarthathey" - "O Arjuna, even the relish or tendency to enjoy sense pleasures leaves the man after he has realized the supreme". Till such a time the tendency to fall exists even in the most advanced celibate. One must forever be cautious against the onslaught of lust till such a state has been attained.

To sum up, women need to be as equally cautious as men when it comes to shunning recreational sexuality. The energy and life force they loose due to lust is on par with man. On the other hand, transmutation of vital force (Rajaveerya) into 'Ojas' helps women derive benefits on par with men. A man and a woman represent bifurcated forms of the one single energy - The one universal force - The Almighty Lord, for the soul is beyond gender and the soul is just a fragmented form of God like a drop of salt water separated from the mighty ocean.

God bless and have a nice day :-)
Dhananjay

Question: Can a Gay Person Be Celibate?

Answer:

Despite the association of gay people with sex, plenty of folks in the the GLBT community choose not to have sex and instead be celibate. So what does that mean? Dictonary.com defines the word celibate as, "a person who abstains from sexual relations."

Sometimes people use the word, "abstinent" in the same way, however, people can choose to abstain (or not participate) in a lot of different things. Celibacy, o n the other hand, always refers to sex.

There are a million reasons GLBT people may choose not to have sex. These may in clude:

* Not feeling ready.
* As a form of safe sex and protection from infection.
* Not being in a serious relationship.
* Personal beliefs.

Being GLBT is about much more than simply who you choose to have sex with. But s ometimes people act as if a person can't "really" be gay if they aren't sexually active. When you think about it, that doesn't make any sense!

Question
hello im a 21 year old male and for spiritual reasons i want to be completely ch aste including no masturbation or porn watching but im having trouble i am sex a ddict my father is a sex addict my grandpa is a sex addict we cant enough of it want all the time no matter what our age is i am the only one trying to break an d constantly surrounded by temptation since Americans morals are crap so what ca n i do ive tried support groups prayer fasting nothing seems to work my urge alw ays wins what can i do any advice helps

Answer
Hello Tony,

Keep the interest in celibacy going. Thanks for the question, let me try to shed light on the matter

Q1: What is the best method to ensure continuous success in celibacy?
A: To put it in one word, that Brahmachari succeeds in continuous celibacy who h as constantly persevered in this direction, long enough to tip the balance in hi s favor as regards to breaking even his negative karma. In other words, celibacy becomes longer and longer and finally life long, as the celibate reaches higher and higher states of purity (by honest efforts, consistency, perseverance and r everence to this mode of life) whereby his negative (delusive karma) starts to m elt away to nothing. If negative karma leading to impurity is very heavy, it may take more than one life. This is the final reason for achievement or non-achiev ement of celibacy.

The reason behind this is very simple. Every time we indulge in sinful or virtuo us activity (in thought, word or deed), we etch karma into our account. This sto rehouse of all +ve and -ve karma is stored in our causal body or the 'Karana sha rira'. Every action we indulge in produces a 'Samskaara' or a mark. These 'Samsk ara's' in turn produce 'Vaasanas' or tendencies.

Lets say a man has indulged in very frequent sexual activity for recreation, bei ng attached to the concept of sex very strongly over many past lives, then a str ong 'Samskaara' for the desire to have sex gets etched in his 'Kaarana sharira'. Further to the presence of this strongly etched Samskaara, he develops the 'Vaa sana' or a tendency that pulls and attracts him to any object related to sexuali ty. If he is unmindful of its dangers and takes no efforts to curtail this tende ncy, he slips deeper and deeper into sin as the tendency gets stronger and stron ger. On accumulation of such tendencies over many lives, the 'Samskaara' becomes very strong, so strong that it almost appears to be a part of his nature.

This is the case in most people who say sex is their birth right to pleasure and a human need. In reality, the concept of sexual pleasure is totally unreal. It

is not the real nature of the soul which is pure and clear. Sexual need is an in dication of ignorance etched in the person, a trick of the mind. It is here that celibacy comes as a cure. With continuous and honest celibacy, man can gain fre edom from this 'Devil' called sexuality.The ways of achieving this goal, will be come clear in the next question.

Q2: How does one achieve continued success in celibacy?
A: To go about achieving this, which is what Brahmacharya is all about, one need s to take steps to kill the familiarity of the sexual sensation in every possibl e way. The following methods will be helpful to achieve this:

1. Indulge in yoga, exercise or any other physical activity on a daily basis. Th is converts sexual energy into health and strength. The portion of semen meant f or the physical nourishment of the body gets sublimated.
2. Keep the mind busy with adequate intellectual activity. When you spend time o n constructive activities, there is less time for the mind to wander onto object s of the senses.
3. Indulge in spiritual sadhana consisting of prayer, meditation and pranayama. Pray to god honestly and sincerely to help you tide over the onslaught of the se nses and become a true 'Brahmachari'.
4. Give up eating stimulant foods containing onion and garlic. Stay clear of alc ohol, tobacco and other addictions.
5. Get up early in the morning and indulge in yoga (shirsasana or head stand is very helpful) & meditation. Keep your thoughts pure through the day. At the slig htest sign of a lustful thought entering the mind, divert the mind to productive activity and ensure the thought doesn't grow. Stay away from company not conduc ive to this mode of life. Unless Brahmacharya is carried out in thought, word an d deed it will not bear fruits beyond a limit.
6. If you are falling prey to the act of masturbation or sex, take a challenge n ot to indulge in the same for 15 days, on achieving this increase this limit to 20 days, then one month and so on. Once you succeed in celibacy without breaks f or more than 3 months, the path becomes easier. A yogi who practices absolute Br ahmacharya for more than 3 months and then loses his semen in masturbation or se x, will experience almost no pleasure or even pain during ejaculation. This will help him develop distaste for the concept of losing his semen.

With honest efforts, true practice and devotion to god success can be yours. Inc rease the period of abstinence with every passing day. Within a years time, you can achieve growth by leaps and bounds.

P.S : Please go through 'Past answers'to help widen understanding.

Hope this helps, revert for doubts of any
God bless and have a nice day :-)
Dhananjay

Question

In what ways is a celibate marriage superior to a marriage base on satisfying on e's sexual needs?

Do you think a Marriage will likely be more succesful if both partners practice restraint and live more spiritualy?

What do you think is the cause of the West's 60% divorce rate?

Answer
Hi Adi! Thanks for your questions. My answers are below.

Q: In what ways is a celibate marriage superior to a marriage based on satisfyin

g one's sexual needs?
A: Celibate marriage allows the man and woman to discover the true nature of the ir partners. Anyone - even any animal - can be a sexual being. But being a spiri tual being allows a man to discover his own atman (eternal soul, higher self). S piritual marriage is more like a brother and sisterhood. There are very few argu ments. Most arguments between man and woman result from the radical emotional an d brain chemistry shifts that accompany impure behavior. A celibate marriage wou ld be an intriguing, harmonious journey.

Q: Do you think a marriage will likely be more successful if both partners pract ice restraint and live more spiritually?
A: The spiritual connection between any two people is the only lasting element o f a relationship. I would argue that all other aspects are impermanent and in fa ct breed impermanence (destruction).

Here's a quote from David Popenoe, a marriage researcher:

"Marriage Myth: The keys to long-term marital success are good luck and romantic love.

Fact: Rather than luck and love, the most common reasons couples give for their long-term marital success are commitment and companionship. They define their ma rriage as a creation that has taken hard work, dedication and commitment (to eac h other and to the institution of marriage). The happiest couples are friends wh o share lives and are compatible in interests and values."

I think "romantic love" here is being used as a euphemism. "Compatible interests and values" also seems to be another word for "spiritual [non-physical] union".

Q: What do you think is the cause of the West's 60% divorce rate?
A: I think you've touched on it. A major cause is the shift in the marriage conc ept, from spiritual union in ancient times, to family union in modern times, to a sexual love union in recent years. There was a marriage study done in the 1940 's in the USA, and fifty years later the study was repeated. The findings were t hat in the 40's divorce was almost non-existent and most people felt marriage wa s for family (i.e., to have kids). In the 90's the divorce rate was very high, a nd most people responded that the meaning of marriage is connected with love and other subjective factors. We often hear the word "soul mate" these days as well (though I feel it is a caricature of what a real soul-based partnership would b e). I'm sorry but I could not find the link to this study.

In short, the excess leisure in developed countries has led to dramatic increase s in drug use, sex, gambling and whatnot. Instead of being happier and happier, we see that people are more and more frustrated. We argue that chastity is the k ey to bringing back social stability, harmony and a strong family structure.

-Ian Clark
Brotherhood of the Sacred Word

Question
Good Morning,
I have a question as regards to the changes which take place in the body further to a celibate becoming a Urdhvareta. Could you shed some light?

Answer
Hello there :-)

Trust this finds you in the best of health and cheer. Thank you for the question ; coming to the answer:

Q: What are the changes which take place at the physical level in one who is transforming himself into an Urdhvareta?
A: It takes a very long time, with very honest and sincere Brahmacharya in thought, word and deed coupled with gods grace for one to achieve full sex sublimation including the stoppage of wet dreams.

However as an aspirant climbs up the ladder of celibacy to the best of his efforts by abhorring from the sexual act, ejaculation and impure thoughts for a considerable period of time; An inner phenomenon called Urdhvareta kriya(process)also called by the name 'Vajroli' takes place in his system, due to which the semen which was earlier flowing downward and being ejaculated outward now starts flowing upward and inward. This aids the formation of 'Ojas' shakti in his brain. The aspirant is not yet a complete Urdhvareta, as he has not yet achieved complete sex sublimation or transmutation. Semen will still flow down if he is not vigilant against the senses (wet dreams completely stop in one who is a complete Urdhvareta and whose Kundalini shunts only between the 3 upper chakras).

When the aspirant maintains this state of celibacy for a considerable period of time from when the 'Vajroli kriya' starts to function, the passage of flow of semen within his body (from the sex glands to the Urethra) starts to become narrow and constricted. Under such circumstances if he indulges in ejaculation of semen (even in a copious wet dream), instead of pleasure he experiences pain. This further aids in developing distaste and dispassion towards the sex act.

This is one of the most important of changes which occurs in the body of the celibate at the physiological level. Coupled with this, certain external changes take place such as:

1. The body becomes more taut, wiry and lithe. The tendency to accumulate bulk and fat reduces.
2. The face develops a red hue and wrinkles gradually start to disappear.
3. The skin glows with luster and the eyes become bright. Eyesight starts to improve.
4. Overall, all organs in his body gradually start to return to their original state of maximum function (as they were during childhood)

From this stage onwards, the celibate must be very, very careful in avoiding more than necessary contact with members of the opposite sex in particular and people in general. Further to the vajroli kriya taking place he starts to develop a magnetic personality and appears very alluring to the world in general and women in particular. Any act of letting his ego get goaded resulting in pompousness, pride or arrogance will immediately lead to his downfall in the form of his semen deserting him; for the appearance of these negative traits is invariably accompanied by blossoming of latent lust present within. The aspirant should very clearly know that he has no more conquered lust than a child has learnt to deal with the world. Lust is only in a state of control. It is still present in its fullest form within him, but in a latent and dormant state at most. From now on he has to be very humble before the world and god, always keeping in mind that this power he is developing is not his own but the power of god shining through him. Only humility, kindness and consideration towards fellow beings and an attitude of gratitude towards god for all that he has given will strengthen celibacy and make for for further growth.

(The answer to the question on hand has been elaborated a bit beyond its purview as a form of important general information to all celibates with a view to help them achieve concrete growth)

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
Hello there. Hope that you are having a great day, enjoying happiness. My quest ion is on chastity and the body.I have been chaste 4 and half months before and felt this energy and this power, never felt before. Can you please give me infor mation on how the body will preserve itself, by not spilling the seed. I am 36 c ould this really be true? I am really exited! How old are you? Are you Happy? th ank you for your reply.

Answer
Hello Carr :-)

Great to see your interest regarding chastity. It s absolutely true that chastity in thought, word and deed (this is of paramount importance since mere physical chastity has limited benefits) make a person fantabulous in every aspect of life .

Let s get into the rationale behind the above statement. Semen or the seed in a man as per Hindu scriptures is the seventh and final tissue element of digestion, be stowed with the amazing power to create life. From food comes chyle, from chyle- blood, from blood- flesh, from flesh- fat, from fat- bone, from bone- marrow an d finally from marrow- semen. According to Ayurveda the ancient Hindu medical sc ience, conversion of each element at every step takes a period of five days. Thu s semen is the last element that is formed out of food. It takes approximately 3 0 days and 4 hours to complete this cycle. Scientists believe that an intake of 32 kgs. Of food produces 800 gms. of blood, which in turn forms only 20 gms. of semen. Now, you can see how precious semen is! And all of this nearly gets lost in a single ejaculation!

When a man shifts from a life of seminal wastage to one of seminal conservation , the body begins to conserve the large amount of energy which was earlier used to pr oduce and replenish the lost reserves of semen. Mind you, this energy saved is o f considerable magnitude. This will answer your query regarding the energy and z est which u felt when u were chaste. This however is only the initial stage bene fit.

For man to successfully conserve his seed in the long run it becomes necessary to be chaste in thought, word & deed in totality. Mere physical restrain from sex/ masturbation makes the body retain the seed for a certain period of time, say a few months at most, after which a normal man loses his sperm through nightfall or a wet dream. Our ancient sages have recognized the fact that for man to succeed continually in seminal conservation he along with physical activity should have a chaste, pure mind constantly engrossed in creative work/ meditation upon the b lessed lord, thereby leading to chastity in totality. Semen in reality has three major functions:

1. To rejuvenate and revitalize the physical body
2. To help in developing a keen intellect
3. To aid a man in realizing his self . This is a spiritual pursuit.

A man intending to succeed in conserving and transmuting his semen and deriving all the benefits from his efforts should ensure that he subjects his body firstl y to adequate physical activity or sport, secondly to intellectual, worthwhile p ursuits and thirdly sets aside some time of the day to spiritual practices. Any deficiency in the magnitude of the corresponding activity will make that part of the semen to flow out in a wet dream .

A chaste man besides effectively conquering the downslide of ageing starts to de velop a magnetic personality and a cheerful disposition.

It has been stated in the great spiritual treatises that one who succeeds in the conservation and transmutation of semen effectively without a break for a perio d of 12 years is endowed with unrivalled prosperity and dominion on earth, the f ruition of all his desires and the vision of god. Now you know how special chasti ty is :-)

Thank you... I m a few years younger than you, and yes I m very happy with the chang es chastity has brought into my life and is still bringing with every passing da y! :-)

Hope this answers your query, revert to me for clarifications if any Carr.
God bless and have a nice day.

Dhananjay

Question
Hi Ian.

Do you believe chastity is the ultimate virtue? Do you think chastity if pursue d deep enough leads to all the other virtues?

And is chastity, meditation, and fasting, the quickest and most effective way of cleaning up one's "world-dream"? And can you tell me about the world-dream an d its relationship to chastity.

I'm sorry if metaphysical questions are not the purview of this site, but they s eem to me to be of utmost importance.

Thanks in advance!

Answer
Hello Greg! It's nice to hear from you. I've summarized your questions below.

Q: Do you believe chastity is the ultimate virtue?
A: Yes. We believe that the fundamental meaning of the Garden of Eden story is t hat original sin is lust. Buddhism (especially Big Raft Buddhism) teaches that " lust is the root of ten thousand sins".

However, a Zen master (Zhi Guang) told me that he disagrees with this, and that the reason original sin even happened in the first place was because Adam and Ev e believed that they existed, and thereby possessed an "I". Saying "I (want some thing)" is the root of lust, he said. But this is something like the chicken and the egg debate. The reason we say this is that, men make very stupid decisions after the loss of their creative fluid. In crude terms, ejaculation actually cau ses loss of IQ. So the Zen master saying that Adam had a bad idea begs the quest ion: why did he have this bad idea? Why did he make this idiotic choice? In our experience, most men lose themselves to sin first and foremost through lust, whi ch drops the IQ and starts a vicious cycle of bad judgement and more lust. I hop e I haven't explained this too far, but I assume that to ask this questions you must have heard something like the Zen arguments, so I've therefore responded to them here.

Though it is not the scope of this question, the way this cycle is broken is for a man to get the idea of trying chastity. Just this bit curiosity and courage t o try is enough to make a very outstanding man.

Q: Do you think chastity if pursued deep enough leads to all the other virtues?
A: A chaste man will enjoy exponentially-increasing benefits (blessings) over hi s journey into continence. Other virtues stem from continence, which has increas ed the practitioner's root ability to think and perceive. Some of these include

mouna (silence), patience, courage, improved tone of voice, glassier, bigger eye
s, more spiritual goods and much more.

Q: Are chastity, meditation, and fasting, the quickest and most effective way of
 cleaning up one's "world-dream"?
A: You got it.

Q: What's the relationship between the world dream and chastity?
A: Chastity brings a man in direct contact with the spirit world. In combination
 with fasting, a man will perceive that world directly communicating with him in
 such an incontrovertible way that it deepens his faith. Chastity exposes the fa
lseness of the world dream and gives direct contact to that which is real and in
destructible.

I hope this helps!

Ian Clark
Brotherhood of the Sacred Word

Question
Hi Ian. Quick question.

I seem to be doing well during the day, but in sleep it is a different story. W
hile wet dreams have been limited (*knocks on wood*), I nearly always wake up wi
th an (uncomfortable) erection. It is not usual for them to be accompanied by s
exual thoughts or feelings, but none the less a bit disturbing. Is this natural
? Will this go away eventually?

Thank you, God bless.

Answer
Hello Greg! Sorry for the delay, but firewall restrictions in China have prevent
ed me from signing on for a few days. I hope my answer is useful to you.

Q: I still have prurient thoughts in the astral plane. Will it always be this wa
y?
A: No. Not if you work hard in the waking state to avoid impure images, language
 and people. If you do your religious work well and chant, meditate and/or pray
daily, these impurities will eventually be cleansed from the astral plane. It's
like if you keep cleaning your house more than it gets dirty, eventually there w
on't be any dirt left, and you'll never see a cockroach again. Your plants grow
happily and your guests enjoy being at your house with you.

Hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question
Hello Ian thank you for all that you do. You are very much needed in this world
. I have been chaste for 2 months and 15 days. I feel great! But yesterday I wa
tched girls on the internet and though I did not ejaculate, I did feel different
. Not as bad as masturbation, but still I feel that something is off. Can you pl
ease explain the negative impacts of sexual excitation.

Answer
Hello Carr! Great to get your question. I hope my answer will be of help to you.

Q: What are the negative effects of looking at porn?
A: The spiritual cost of looking at porn is incredibly high. As you develop a st

ronger spiritual practice and begin washing your brain of all the accumulated gu nk, you begin to realize that for each image you've seen, you have to spend coun tless hours reading mantras and praying. As you really dig into your spiritual w ork, you begin to see that what seemed to be harmless pictures were actually spi ritual (and if you study politics and criminal justice, very material and physic al) atrocities. You do not have to masturbate to incur a huge cost from seeing t hese pathetic images. Believe us: they will be burned into your mind for many ye ars. Is it worth it? Of course not.

One of the most dangerous and deceptive arguments for these pictures and for tem ptation in general is "enlightenment through indulgence" - the idea that perhaps by intentionally seeking temptation and sin, one can learn to overcome it and b e free of it. The truth is, we need to control and suppress the sexual urge just to embark on our first quest into meditation. Through control of lust, a man ca n finally turn his gaze to the spiritual world and start looking around. Those s eeking out temptation are actually giving in. They are actually indulging their lust, and in this state, they cannot even begin to truly meditate and seek the s piritual.

If a man is really over his lust, then his lust is already sublimated into const uctive, spiritual efforts. Instead of seeking to practice his resistence, he alr eady has his eyes closed and is talking to God.

I sincerely hope you find this of use in your practice. Be well!

Ian Clark
Brotherhood of the Sacred Word

Question
sir,
thank you very much for your previous advice you had given.
But I have one more query,that is with pace of maintaining
celibacy I am creating a huge rage,anger with in my self which is out of control and creating a havoc with in me.So how can I get rid of it.Sometimes I start re belling with God for this.Thank you and hope you wont mind for this.

Answer
Hello there,

Trust you are doing fine, coming to the query:

Q: How does one deal with increased anger and frustration, if he finds himself i n such a state at the start of celibacy?
A: Anger and frustration are the result of built up desires within us that are u nfulfilled. Anger is as dangerous as desire/ passion. Man first desires somethin g strongly and if he fails to get it in course of time, the desire turns into an ger. They are both nothing but double edged sides of the same sword that destroy man.

At the start of celibacy, the mind which was earlier used to craving for desires and fulfilling them through the concept of sex now finds itself marooned and he ld back within the bounds of celibacy like a criminal shut inside the walls of a prison. It retaliates with anger and tries to find a way out. There is no cause to worry or fear, the secret of taming this criminal prisoner is by ensuring lo t of constructive work, physical exercise and prayer/ spiritual activities are l oaded on to the mind and body and targets set for it to achieve.

Whenever a celibate faces rebellion from the mind and body against the act of ce libacy, he should use his intellect and remind himself that he has taken up this great and noble job of taming this criminal mind and converting it into a virtu

ous mind so he can ascend the ladder of bliss. Just as a criminal refuses and re volts against the concept of reform at the initial stages, but gradually realize s his mistakes and becomes a good man the mind also needs to be firmly dealt wit h and told to change its erratic ways keeping in view the enormous bliss and hap piness it will shortly start enjoying after celibacy starts getting established.

When man starts a life of celibacy, his old tendencies and instincts try to make him fail. But a man of great strength and power refuses to let these obstacles rob him of success and gradually ascends the throne of purity.

Trust this helps,
God bless and have a nice day :-)
Dhananjay

Question
I have been chaste one month and 3 days then had a wet dream, I hate it sooo much. I cannot believe that I am still dirty, I have abstained and guarded myself every day, I find women to be SUPER attractive when it is that I do look at them. I try to avoid looking unless I like her personality and consider her as a friend and a life mate. But I do not feel too weak it's been since last night and I already feel myself strong and confident again. Could this discharge be from my past lustful thoughts that is coming out now, even though I have been good all month?

I long to be chaste in word deed and act, with my eyes mind and body until I get married and then only to have babies. Thank you for taking time out of your day to help us reach pure chastity!

Carr

Answer
Hello Carr :-)

How are you doing? Keep the efforts at maintaining celibacy going. Coming to the matter on hand,

A celibate aiming at achieving genuine growth should abstain all contact from me mbers of the opposite sex during the initial years of celibacy, till his mind no longer responds to stimulus as it used to. The slightest tendency of the mind t o revert to old ways is an indication that he is not yet ready to be oblivious t o such contact. Our causal bodies are storehouses of past delusive actions assoc iated with the opposite sex, relating them as sources of pleasure. A few months of celibacy cannot undo these strong tendencies present within that are of large magnitudes.

The sexual sensation lies latent and dormant even in very advanced celibates unt il one reaches the state of self-realization. Abstinence and withdrawal from the senses at most only make these tendencies dormant and weaker. But the seeds of sexuality are still present in their full might deep within. If conditions favor able to their development are allowed, they will germinate into plants of desire and passion. It is for this reason that a celibate who wishes to totally redeem himself from the effect of lust is advised to lead a spotless life of chastity in thought, word and deed for a period of 12 years, whereupon he realizes his se lf and gets the vision of god. After reaching this state, there is no gear of fa ll, for he has roasted these seeds of sexuality and they have lost the power to raise their heads. Any break resets the clock back to zero and he has to start a ll over again.

Wet dreams are an indication that we have to strive harder and keep ourselves mo ire focussed on the objective. They are most often a sign of lack of consistent efforts.

Keep the dangerous tendencies in check, be ever vigilant and never let sexual th oughts grow. Curb and nip them at the bud by diverting the mind into other domai ns. The desire to look at a beautiful woman stirs nothing else but sexual feelin gs eventually, for the apparent physical beauty is in itself a delusion. Keep th is tendency in check. With honest efforts, right lifestyle and prayer to god, su ccess eventually comes.

Wishing you all the best towards success,
God bless and have a nice day :-)
Dhananjay

Question
I have been celibate for 4.5 months and then slipped away. Then went one month a nd had 2 slips in one day. How long does it take for depression to go away. I ju st don't feel the same anymore, but it only was 10 days ago though. I am doing 1 00% chastity in mind, eyes, and body. i want to go at least 2 years.
Oh BTW the last time I slipped was my fault because I was looking at women somet imes and that is what started it. now I will be tottally pure. But how long unti l this heavy load lifts off.
oh BTW when I slip, something strange happens that everything, that can go wrong does, it's like you can almost count on it.
I try to hide and stay away from people, but trouble will find me. How long does it take for that to go away?
please help and thank you for doing this, you mean a lot to many people with you r help and guidance. :) I wish you the happiest life, and the brightest future!

oh if this question is too long you can shorten it too. if it'll make better sen se for the readers

Answer
Hello Carr :-)

What you are basically trying to imply is the depressed state you find yourself in, further to the break in celibacy and how to get out of it. Let s try and addre ss the issue.

As per your statement, you managed to stay without slips for more than four mont hs. This is an achievement by itself. It shows your value & interest in the conc ept of celibacy. A slip only means that you need to persist more and in the righ t direction. With Devine grace, honesty, integrity and commitment you can succee d further.

Let s first try and understand what made you slip. Our current state of mind, inte llect, consciousness and ego is a cumulative of our past karma or deeds. Each and every deed we have indulged in the past creates a Vasana or a tendency. This is th e reason why different people have different likes and dislikes. I may have a cr aving for sweets while your craving could be for spicy food. These inherent like s and dislikes for certain things are all a result of our constant past indulgen ces in those objects.

A universal common factor among majority of people however is the strong like an d craving for the sexual act. A, B and C might have different tastes when it com es to food, clothes and cars. But most often you will find that they all have a strong liking for sex

Why? Let me quote from the book- The practice of Brahmacharya by His Highness Swami Sivananda who gives us the answer: || Because the sex instinct is the greatest urge in human life. Sex energy or lust is the most deep-rooted instinct in man. Sex energy entirely fills the mind, intellect, Prana, senses and the whole body. It is the oldest of the factors that have gone into the constitution of the human being. A man has a thousand and one desires. But the central strong desire is the sexual desire. The fundamental desire is the urge for a mate. All hang on this central basic desire. The desire for money, the desire for children, the desire for property, the desire for houses and other desires come later on. Because the whole creation of this universe is to be kept up, God has made the sexual desire very, very powerful ||

In a man trying to be celibate, the initial period is like swimming upstream, against the current of a swift river. Your strokes have to be very consistent, powerful and focused to make headway, else you will soon find yourself being washed downstream. But along with efficient strokes, there is another very strong factor necessary to successfully swim against the river of lust and reach the banks of chastity. That is the grace of the divine lord. No amount of mere physical, mental restraint and intellectual know how regarding the subject can help a man reach the chaste shores without the grace of the mighty lord.

Any man who reads books on the subject of Brahmacharya can know the subject. But realizing the content wholly and staying out of lusts reach? That is something very difficult. It is for this reason that you have very, very few people who are able to succeed in this path. Success in Brahmacharya comes only to him who follows a very special mode of life with the blessings of god.

I will now address the topic of depression. When man becomes chaste, he practically lifts himself out of the scum and sludge called lust and passion. Each day you remain truly chaste, the mind, body and soul rejoice in splendor. Man experiences pure Ananda or unipolar bliss. When you stayed chaste for a period of four and half months, your system at the mental, physical and psychic level underwent purification. This gave you joy and happiness. At the point when you gave into your past tendencies and slipped, all this joy and bliss your system had experienced by constant effort got negated for a moment s pleasure... You said everything goes wrong when this happened. That s because your Veerya or semen is actually the basis of life, your very Atman or soul. It is god in motion. It is dynamic will. It is the Prana of Pranas . He who loses semen loses everything. Nothing else can compensate. Depression caused thus can be quite painful. Man feels disoriented and ashamed. But don t let this depression linger on. It will last only as long as you want it to last. A celibate is firstly a man of great valor and hope. With honest effort and prayer to god, success is guaranteed. Fear not, I will list out to you the methods to succeed that I have been able to gather from my own personal experience.

1. FOOD: Eat bland, non spicy food wholly devoid of onion, garlic, chilly, synthetic additives and flavors. Give up meat, eggs. Meat eaters can never succeed in celibacy beyond a limit. Go for balanced nutritious food made of wheat, pulses, legumes, milk and dairy products, fresh fruits and veggies. Give up all forms of alcohol, tobacco and perfumes. Half the battle is won with the right food.

2. LIFESTYLE: Get up early in the morning and drink 2-3 glasses of water on an empty stomach. Perform some physical exercise/ sport (Yoga is most advised). Practice Shirsasana (Head stand) and Chakrasana (Wheel pose or the gymnastic back bend). Then perform Pranayama. This is very important. By the correct practice of breath control, the mind, breath, semen and Prana (Vital energy) come under one s control. All these four are interlinked. He who controls any one of them develops control over the other three. You can learn Pranayama from a good yoga tutor. Now sit in Padmasana (Lotus posture) and meditate upon the lord. Concentrate deeply at the region between the eyebrows. Pray to the lord to give you strength ov

er the senses. Your concentration must be deep with the honesty, humility and in nocence of a child.

Indulge in creative/ intellectual activity for the rest of the day (this can be your job at the workplace). Stay away from people who talk of sexuality and wome n. Stay away from women whose intentions you feel are not conducive to chastity. Even with women who aren t a threat, keep interactions to the point. Lust is the greatest trickster! It will find ways to crop up even from innocent contact. Avoid looking into the eyes of women you feel sexually attracted to. Whenever a sexual thought comes into your mind, nip it at the bud and chant the lord s name. Ask him to help you win over lust. With honest efforts, no one can snatch away s uccess from you. We fall due to our own weaknesses. We practice celibacy strictl y for a month and then cheat ourselves saying Let me take one look at that blonde , it wont hurt . Every image your brain registers with a sexual intent will make a corresponding fraction of your semen get ready to go out! It gets into the ejacu latory mode . Further to a number of such images getting stored, you will slip.

3. CHARITY & LOVE: To the extent possible, develop an intent of true love, consi deration, kindness and care towards the people around you. Curb anger. Anger is the catalyst to passion and vice-versa. Both have kinship. Feed a stray animal w ith love and affection, you can visit an old age home or place for the destitute and spend some time with them out of true love, helping them in any manner you can either in cash, kind or in service. They are after all gods children and god will feel happy when you make the less privileged happy. Their blessings will ma ke your chastity rock solid. This is very important as celibacy never stays with self centered, egoistic people and trust me; most of us are self centered and e goistic during the course of the day without our own knowledge!

Trust this will serve as a pointer to you to stay chaste.
Revert to me for clarifications if any Carr.

God bless, be spirited and have a nice day :-)
Dhananjay

Question
Hello,
Thank you for your time and effort.
Does masturbation make one's face ugly?

Answer
Hello Matti :-)

It's always a pleasure to answer queries from interested readers, coming to your doubts:

Q: Does masturbation makes one's face ugly?
A: Masturbation is an unnatural act of release of the reproductive element prese nt within. The purpose of the sexual act is progeny and nothing more. With mastu rbation, man deviates further into the realm of delusion and ignorance. With eve ry act of masturbation, he affixes more and more of his faith into a concept lac king in substance. The act makes him fantasize, imagine and delve his very self into nothingness. This is one of the major psychological consequences.

Now coming to the physical after effects of masturbation, each and every act of this artificial release of sperm debilitates and destabilizes the vital energy (Prana). Prana is the essence of all thought, energy and consciousness. It is the direct manifestation of the soul energy. A man is alive as long as the soul res ides within. On exit of the soul the resultant form is a dead body. With every a ct of wastage of semen, one loses a fraction of his very self or soul. Mark how one feels tired, weak and lifeless further to ejaculation. Mark the burning eyes

, loss of life energy and irritation on discharge of semen. Further to a long mo de in such a lifestyle, all the vital organs, the spine and brain become weak. T he man starts to age prematurely. Semen when analyzed is found to contain large amounts of cerebro-spinal fluid. The same ingredients which go into making our b rain and spine also go into making semen. Constant loss of semen will eventually weaken the spine and brain. This is one of the major causes of back pain relate d problems among the majority. All mental faculties like memory, concentration a nd determination start to lessen and finally disappear. On the contrary, a few m onths of celibacy completely cure most back and health related problems, make on e cheerful, energetic and positive. True celibates rarely if ever suffer from an y disease or debility. Even if they are afflicted by some disease due to past ka rma, they recover in no time. This is due to the high immunity and resistance th e body develops further to re-absorption of vital fluid.

A man who transmutes his seminal energy into 'Ojas' develops a beautiful complex ion, sparkling eyes, shining cheeks and an attractive personality. Conversely, l oss of semen by masturbation or otherwise has the opposite effect. Loss of vital power makes the face drawn, weak and lusterless thereby imparting ugliness.

Words fail to describe the positive effects one gains from this noble mode of li fe called Brahmacharya. The true Brahmachari attracts universal, divine cosmic e nergy onto to himself in vast quantities. Brahmacharya makes one reach a state w here he is in perfect sync with the universal cosmic energy. Nature starts to wo rk with him and for him. There is perfect harmony in all spheres. Trouble rarely , if ever befalls him as nothing seems to go wrong. He succeeds wonderfully in whatever action he endeavors upon. He casts a great impression wherever he goes and thus wins over people with his nobility and virtue. A true Brahmachari needs not the aid of cunning, guile, manipulation or dominance to succeed in the worl d. Presence of enormous divine energy within him makes even wicked people treat him with respect and consideration. No one can remain oblivious to the radiance and nobility of a true Urdhvareta.

I would request everyone who reads this to lead a life of true celibacy in thoug ht, word and deed for a few months and experience the truth behind this wonderfu l experience called Brahmacharya.

Hope this helps
May God bless you, have a nice day :-)
Dhananjay

Question
Hi Sir,
hope you doing well.
i have seen in your answer, you said to give up meat and
eggs,
sir,
but if i'm doing exercises then can i take boiled eggs?
i'm a vegetarian Indian, so don't get enough protein so my
gym instructor suggested me this.
Please guide me.
Do eggs cause any harm?

Answer
Hello Sural,

Hope you are doing fine. Thanks for the query, lets try and solve the issue.

Q: Since eating eggs is to be avoided by the Brahmachari, what is the alternate source of protein?
A: Further to honest Brahmacharya for a certain period of time, various changes

start occurring in the body of the Brahmachari. To begin with, tissues start rep airing themselves fueled by the increased presence of 'veerya' or semen that is being reabsorbed into the blood. The nectar like essence present in semen that g ives great strength/ youthfulness and power cannot be matched by any other medic ine or food product. It is for this reason that the statement 'What one loses fu rther to the wastage of semen can never be regained' is cent percent true.

The re-absorbtion of semen into blood slowly starts restoring every deterioratin g part of the body back to its state of complete health and well being while aug menting blood flow, prana (vital energy) and overall health & strength. Further to continued celibacy, the Brahmachari will find that he does not require as muc h food as he used to consume earlier to maintain health, strength and vigor. Unl ike his former state where there was continuous wastage of semen and hence the n eed to consume more food, the body slowly starts to become self sufficient in re taining the various vitamins, minerals and proteins that it needs to a larger ex tent. It is actually a misnomer among people that we need to eat much food to st ay healthy. The reality is that a balanced, nutritious and wholesome diet consis ting of the right amount of protein, carbohydrate, minerals and vitamins can ful ly be achieved through a vegetarian diet. I will suggest a pure vegetarian diet that I have personally been following, that will help in maintaining health, be conducive to the practice of Brahmacharya and provide the required amount of pro tein to sustain physical exercise. Minor variations can be applied to the diet b ased on one's personal liking :

EARLY MORNING: 2 glasses of water (before the practice of yoga or other exercise s)

7 ~ 8 A.M: One glass of cow's milk followed by breakfast, one cup of boiled Dhal l (Tur Dhall) and one banana.

1.15 P.M: Lunch comprising of 3-4 whole wheat chapati's or roti's taken with a v egetable gravy made of either beans, horse gram, green gram etc.. followed by a cup of buttermilk, yogurt or curds and another banana.

6 P.M: Another glass of cow's milk.

9 P.M: Dinner consisting of half a cup of water and 2 or 3 different fruits and raw vegetables such as cabbage, beetroot, cucumber, carrot etc..

This is a diet that ensures all ingredients required for the well being of the b ody are met and is fully 'Sattwic'. Eating a 'Sattwic' or non-stimulating diet i s very important if one wishes to succeed in long celibacy. It makes the mind ca lm, serene and tranquil. Another secret to ensure excellent health and strength is never to load the stomach fully with food. Eating excess food will only incre ase the quantity of faeces or stool. The body does not and cannot absorb more th an what it requires. His Holiness Swami Sivananda gives us a wonderful method to determine what quantity of food one must eat. He says " Consider the stomach to be made of four parts. Fill two parts with nutritious, wholesome food (half the stomach) one part with water and leave the fourth part empty so that 'Prana' or vital energy can move around and effectively aid in digestion. This is a golden formula to ensure health and strength.

Lord Krishna tells us:-

"Success in yoga is not for him who eats too much or too little, nor for him who sleeps too much or too little" - The Bhagavad-Gita Chater-VI/ Verse 16

" To him who is temperate in eating and in sleeping and in being awake, Yoga bec omes the destroyer of misery" - The Bhagavad-Gita Chapter-VI/ Verse 18

Egg and meat, onion, garlic and hot/ pungent/ sour foodstuff are to be avoided a s they have a strong tendency to agitate, irritate and cloud the mind with aggre ssion. Such a mind becomes wholly unfit for the practice of celibacy.

It takes some time for the body to get used to a change in diet. Once this is ac complished, the Brahmachari yogi will find more than sufficient energy to indulg e in all forms of physical and mental work and will in fact be left with energy even at the end of the day. Anybody who observes a few months of unbroken celiba cy will start to see that they hardly get tired even while performing the most s trenuous of activities. What is required is determination and love for the conce pt of Brahmacharya following which all merits will gradually start clinging to t he celibate in course of time.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
Hi Dhananjay,

Can one attain 'Buddhi naadi' or 'Medha naadi' whilst
practising sex without orgasm for 12 years?

Answer
Hello there,

Trust you are doing fine. Coming to the query:

Q: Can a man develop 'Medha Naadi' through non-ejaculatory sexual relations?

A: As per the scriptures, results such as the 'Buddhi Naadi' appear in the brain of the Brahmachari further to becoming a complete 'Urdhvaretha' (A yogi who suc ceeds in arresting the very formation of semen and instead directly converts his vital 'Prana' into 'Ojas') and staying in this state of unbroken and true celib acy for a minimum period of 12 years.

In case of non-ejaculatory sexual relations, the person concerned is only withho lding voluntary release of his semen during the act. The body constantly produce s semen and this semen produced often reaches the 'ejaculatory mode' during the act but is forcibly withheld before the last moment. This does not qualify as Br ahmacharya in net effect except for certain benefits at the physical level furth er to refraining from ejaculation. If the formation of semen in man is continuou s, it must either be expelled or reabsorbed. Since the body is continuously prod ucing semen but has no outlet, semen thus produced will eventually release throu gh a wet dream sooner or later. More importantly, the subject concerned develops a strong liking and dependence on the sex act as a source of pleasure which pre vents him from rising beyond the sex plane. The very objective of Brahmacharya i s to ultimately make man forget his familiarity with the sex sensation as a sour ce of pleasure so he can develop familiarity with 'soul bliss'(which is infinite and permanent unlike pleasure derived from the senses). These two are contrary and mutually exclusive. Presence of either one prevents the formation of the oth er. A man rooted in sensual pleasure cannot experience soul bliss and conversely a man who has known soul bliss will find sensual pleasure insignificant in comp arison. Since indulgence in the sexual act will not help one achieve this object ive, the corresponding benefits which accrue to an 'Urdhvareta' will also be abs ent.

A person wishing to get warm and dry has to completely come out of water and set foot on dry land. Swimming close to land, even in shallow water will not help o ne achieve this objective. One has to choose if he likes to remain in water or t

est dry land.

While non-ejaculatory sexual relations can be practiced before the start of absolute celibacy to help develop control over the retention of semen, absolute and true celibacy in thought, word and deed will be necessary if one wishes all the benefits that an 'Urdhvareta' acquires.

God bless and have a nice day :-)
Dhananjay

Question
I would like to know if there are any methods to stop yourself from getting an erection. It can be potentially embarassing during a kiss.

Jake

Answer
Jake-

Thanks for your question.

I know of a few ways to prevent erection:

1. Get busy with something else right away. Most erections are caused by boredom.

2. Restrict blood flow to the penis. You can do this through clamping the base cakra (muulaadhara) as in using the same muscles to stop the flow of urine. Some celibates exercise this muscle often and daily. Many yogis can pull the energy up their spine and sublimate it. Also, sitting up very straight restricts the flow well, and as a benefit will help your essence and manly energy to go upward.

3. Think of something that excites your imagination. Just about anything is more interesting than sex - baseball, chess, waterfalls...

4. Wear a loin cloth. These are used by many young brahmacharis who want to prevent wet dreams and the like. The loin cloth has an advantage over modern, tight underwear. The cloth can be tightened in troubled times, but can remain looser when out of danger. This may be a healthier alternative to tight underwear - which can't physically restrict erections anyway.

Kissing but trying not to get an erection - that's contradictory. As explained scientifically in «????» (huang2di4 nei4jing1), the mouth and genitals are reflexive of one another. Also kissing is commonly known as a type of sexual foreplay. So if you don't want to go to Chattanooga, then get of the train to Chattanooga first.

As a contrast to a gross erection, think of the pure, powerful and majestic unicorn. The unicorn represents a chaste male with his sexual energy jutting out from the top. In several versions of the Bible (like the Holkam), the unicorn is used as such a symbol.

I wish you luck in continence,

-Ian Clark

Question
Could you tell us about your struggle with reaching the state of celibacy?
Thanks.

Answer
Hello Matti :-)

The results of a celibate life will probably seem more important than the strugg le one has to go through.

I thank God for having been kind enough in giving me what little success I have had in the practice of Brahmacharya. Reaching continued states of celibacy no do ubt calls for constant effort but the will, grit and determination required is s upplied by none other than the Blessed lord. Our efforts and struggles pale in c omparison to the kindness, consideration, compassion and patience god shows to t he aspirant celibate like a loving mother who intently teaches the little child with never ending patience and waives off the child's outbursts of anger and imm aturity with unconditional love and presence.

Beyond this, there isn't anything much in my endeavor worth writing or talking a bout. I consider myself a striving student of celibacy like anyone else out ther e, keeping a vigil against the senses, praying to god for continued success and thanking him for having given the jewel called Brahmacharya

God bless and have a nice day :-)
Dhananjay

Question
Dhananjay,
Hope you are well. If the question is not too personal, would you care to tell u s what set you on path to self restraint? Was it the reading of the Hindu scrip ture that enlightened you or negative life experience that led you to see what J ulian calls the "duality" of sensual pleasure? I take it you are a young man but old in wisdom to attain this insight in this perverted culure.
Thanks
Bruce

Answer
Hello Bruce,

Trust things are going good your side. I'm doing fine, thank you. Coming to the question at hand,

Q: What triggered me to choose the path of self restraint as a way of life?
A: Fortunately in my case, I would call it Gods grace, there wasn't any negative experience or downfall in life that acted as a catalyst to choose the path of B rahmacharya. I consider myself lucky to have been born to parents who have a ric h spiritual background and virtuous inclination to life. Ever since I have been a kid, there were always discussions and debates at home between my parents as t o the origin of life, creation, the soul and the purpose of man's existence on e arth. I fondly remember the various stories of virtue, morality, sacrifice and v alor from Hindu scriptures that my mother used to tell me as a child while putti ng me to sleep every night. What little knowledge and spiritual inclination I ha ve, I owe it to the foundation laid down by my divine parents. As a teenager, I had been advised regarding the benefits of the practice of Brahmacharya by my fa ther, though I must say I didn't realize its amazing power and pay much attentio n to this wonderful concept at that point of time.

Further to marriage and fatherhood, one day like bolt from the blue I found myse lf recalling the benefits of celibacy about which I had been advised about durin g adolescence. I consider this as the trigger that set me on to the celibate pat h and owe it directly to the great Lord, the creator, for there wasn't any speci fic reason to try celibacy. I started spending much time reading material relate

d to celibacy and self realization along with the practice of a yogic life with a hunger that hadn't existed before. With the start of strict and honest Brahmacharya, the underlying current of dissatisfaction that had existed earlier towards life soon disappeared. Every page I read from scriptures and books on self-realization were like a recollection and refresher of knowledge which had always been present below the surface. Tears of gratitude stream down my eyes when I think of how kind God has been as regards to initiating me into a life of celibacy. Like a godsend, I have been blessed with a wife who is herself noble, supportive and virtuous. By the grace of the Blessed lord, we have been able to overcome the obstacles which always come to every celibate as tests and are into a combined life of Brahmacharya as a celibate couple.

Hail the Blessed Lord, 'Brahman', 'Christ', 'Allah'. Who is called by many names but is One. Who runs the entire world, the cosmos, the universe with a twinkling of his eye. The scriptor, producer and director of the divine cosmic drama called life in which man is only an actor as a result of which it forms the duty of man to fully surrender his life to the dictates of the lord. Who is ever kind and merciful to his children in spite of all their mistakes like a mother who never angers at her child's mischief. Who is the source of all beauty, knowledge, power and life. The omnipresent, omniscient, all pervading super entity who has always existed and will always exist. How can one ever find words to describe the untrammeled feelings that he generates in those devoted to him? May he give the strength, ability and inclination to all those on the path of celibacy to attain thorough success and reach unto him.

Hope this throws some light regarding the question that was posed.

God bless and have a nice day :-)
Dhananjay

Question
Hello Dhananjay,

Does really having a red face means good spiritual attainment?

I have a companion who has a 'pale' face in color. And we've been together for so long now.

I ask you you this cause maybe this would result in reducing my spiritual uplift ment due to the fact that we're always together. Like mingling with 'psychic toxins' you know.

How about body constitution, does it affect the color of ones face and relate to ones health (whether spiritually or physically)? I mean for example if one has a pale or whitish face, would it not be possible that she is healthy?

Please enlighten us.

Also, Does the emission during wet dream (during sleep) equal to the energy loss in voluntary ejaculation? That is, one wet dream equal to one voluntary ejaculation.

If so or not, how and why?

Hope you don't mind for this.

Thanks..

Also,

Answer
Hello there :-)

Hope you are doing good. Coming to your queries,

Q1: Does pale complexion have anything to do with spiritual enlightenment?
A: Factually speaking, the facial complexion by itself has nothing to do with th e spiritual enlightenment of a person. However, it has been seen that most celib ates in the path of genuine celibacy start to develop a deeper, richer skin colo r. This is further to the energy and heat increase along with the rich amount of nutrients the blood contains further to reabsorbtion of vital fluids in their b ody, thereby also contributing to an increase in the blood count.

However some people may have a pigmental skin constitution which prevents their skin from getting any more dark or red. This color change is general and applies to the majority while there may be exceptions. So I would suggest not taking th is as a deciding factor to determine the spiritual level of a person.

Again as regards to health also, there are some people pale in color yet healthy . It need not necessarily mean otherwise. However majority of cases with overtly pale complexion are generally linked to conditions such as Anemia or a poor blo od count, which generally disappear further to a few months true celibacy.

Q2: Does emission during a wet dream equal that of voluntary ejaculation?
A: Most often, the energy lost in a wet dream is much less as compared to a volu ntary ejaculation. Sometimes it is mostly prostatic fluid without much or neglig ible sperm. A wet dream occurs in dream state/ semi-conscious state when the sub -conscious mind is at work. Hence the wastage is not very high as compared to vo luntary ejaculation in the awake state.

However it becomes important to realize that wet dreams are a clear indication o f dormant lust unfulfilled. Since the mind has been suppressed from such thought s while awake, it resorts to them in the dream when the intellect and consciousn ess are at their low. This is an indication that the aspirant should work harder towards realizing the fallacy and unreal nature of the senses and enlighten him self with truth.

Trust this helps. Revert for clarifications if any

God bless and have a nice day :-)
Dhananjay

Question
Hello sir,
I was glad and thankful for your feedback for the previous
question.
Sir I have a query on my past experience.It was just 1 year
back where I was practising my celibacy on regular interval.I had a thinking tha t practising celibacy brings sucess to your life,but at the same moment I failed in a particular subject in my engg examination where my faith started collapsin g there by.Even if I practise my celibacy but some times that griefs inflicts th e pain.So how can I come out of it?Hope you wont mind for this.

Answer
Hello Sagar,

Hope your are doing fine. Coming to your query,

The practice of celibacy in the right sense in thought, word and deed indeed hel ps man to achieve great success. Enormous energy, ability and potential are made available to the body and mind further to the practice of Brahmacharya. Now how man makes use of this power for his achievements is a proposition that depends on various factors.

For a student to fare well in his examinations, hard work in his field of studie s is of paramount importance. Brahmacharya makes available at his disposal a gre at deal of memory, concentration, patience, determination and intelligence. How well he actually makes use of these to practically achieve success in his examin ation will depend on his application of the same.

Brahmacharya is somewhat similar to a few liters of fuel at hand. But for the fu el to be ultimately beneficial, one still has to fill it into an automobile, sta rt the engine, drive through traffic and finally reach one's destination whereup on the fuel would have met its purpose. If a man were to just sit at home with t he can of fuel before him he would not reach the destination. He needs to take t he initiative to make the fuel work through the automobile.Here we are convertin g automobile fuel into locomotion to help us move. A Brahmachari converts his se xual energy into 'Ojas' or divine energy and makes use of it to achieve his obje ctives.

As man succeeds in longer and longer periods of true celibacy in thought, word a nd deed, the power at his disposal also proportionately increases. While a begin ner might not see much difference in his ability at the start as compared to his past, consistent and honest efforts will slowly start releasing the tremendous power and might which Brahmacharya bestows. As the saying goes "Patience is gold en" and "Everything comes to he who waits and perseveres"

God bless and have a nice day :-)
Dhananjay

Question
Hello Dhananjay,
I hope you are doing well. Your response to my question in 'Advice on Technique' many months ago was of great help to me. I check this forum almost daily hoping to gather more wisdom and inspiration from you. Usually I'm disappointed that n o one has asked a new question.

I started making real progress in celibacy a little over 1 year ago after readin g this forum. Since that time I have had perhaps 3-4 voluntary slips, and severa l involuntary ones at night. This is a great achievement for me as in previous y ears my attempts at celibacy couldn't go beyond a few days. More importantly, I' ve learned something very precious that you have been saying in many of your pos ts: A sexual thought starts a vicious cycle and each additional thought causes a buildup; each such thought encourages similar thoughts, and, if we choose to in dulge in these, the buildup accelerates the time when it needs to be released. I can't say for sure based on my experience that I have found any real techniques to stop the buildup once a bad thought has gained entry, but I now know that th e process can be slowed down dramatically by not indulging further in sensory ex perience. To all your readers, I want to attest that at least this much is possi ble!

I have recently made the bold decision to give up my current job after several y ears of being mistreated. I started doing graduate work at a top University afte r almost 10 years in the workforce. I was very worried about the decision to cha nge career directions and go back to school and compete with very bright student s 10 years younger, but I tried to put my faith in my abstinence. It has been ve ry difficult, and the demands on my time have kept me from maintaining a steady

meditation practice and eating healthy foods. (The only good things is it keeps my mind away from impure thoughts) Recently, I did very poorly on an important a ssignment that will adversely impact my final grade. This is perhaps the first t ime in my life I have ever done so poorly on something I worked so hard on. It a lso caused a prof that I respected to lose faith in me.

I know this may seem like such a trivial event, but it has shaken my confidence tremendously. I am plagued with doubt, loneliness, and fear. In addition, I was filled with anger and hatred towards a prof and some others for the way they rec ently treated me. The feelings consumed me to the point where I couldn`t concent rate when I was studying, even when I tried to push them away. Then finally I ha d an involuntary emission at night, and the next day I felt more calm and able t o move forward again. I guess I am almost relieved that this emission took place . It occurred to me that the same buildup that occurs with sexual thoughts also occurs with negative emotions.

Do you have any insight on the relationship between negative emotions (hatred, r evenge, worry, doubt, fear, etc.) and abstinence? Celibacy seems to give great t enacity. For example, when I was doing my assignment I could stay up several nig hts with just a few hours sleep. But the downside of this tenacity (staying powe r) is that when I felt negative emotions, these also stayed with me and I coudn` t drive them away until it was physically released.

I also don`t know why I am still feeling such fear and self-doubt after practici ng over 1 year. I have seen some of the benefits of abstinence in my meditation , but my external circumstances have far from improved. I guess I had hoped I wo uld be further along. I do not doubt in the least that celibacy is possible and is the way to great success, but I do doubt myself (eg. whether I am doing it co rrectly, whether I started the practice too late, etc).

I feel guilty for stealing your time like this Dhananjay, but once again I am in need of the magic you wield with your words for both guidance and encouragement . With sincere humility and thanks,
John

Answer
Hello John,

Good to hear from you. To begin with, I will request you to put fears and worrie s aside and compose yourself with positivity. There is no problem or obstacle on earth capable of overpowering a man who puts in constant, sincere and focussed efforts accompanied by devotion to god to reach his goal. Just as a dark, cold n ight gets replaced by a bright, sunny morning, life's dark moments will eventual ly get replaced with positive, happy times. So offer not a seat to faith in the negative. Now lets get to your queries,

Q: Is there a relationship between the domain of negative emotions and abstinenc e?
A: Let us get to the root of things and try to sort them out efficiently. First and foremost every man is blessed with enormous energy from within by default. T his is represented by his 'Prana' or vital energy. Through his thoughts and acti ons man converts this basic, vital energy into various other forms of currents.
* If he constantly ponders over objects related to sexuality he converts this ba sic energy into sexual energy, sexual duress and sexual passion.
* If he lets people and situations around him to cause infuriation and gets enra ged, he converts this basic energy into anger, hatred and frustration.
* If he starts practicing for the Olympics with persevered, dedicated efforts at his training and practice to the point of excellence at the highest level, he w ins a gold medal for his country...

A normal man leading a non-celibate life, has say 'X' units of this basic energy .

A man that has started to transmute his vital essence into constructive force ha s say '1.5X' units of basic energy.

A celibate who is reasonably established in Brahmacharya has say '2X' units of basic energy.

An ardent celibate who is well established in the conversion of his vital essenc e into 'Ojas' or divine energy has say '3X' or three times the ability and power of a common man to succeed in a given task.

A complete Urdhvareta who is beyond the vagaries of human nature, self-realized, content in the self by the self and resting in the supreme bastion of divine bl iss has virtually infinite units of this basic energy. He can direct this great force on the object he wishes and achieve his ideal with seamless success. He ca n solve the most impossible of problems easily and casts tremendous influence on the world by virtue of the large reserves of universal force that reside within him.

This final state mentioned above is the state every celibate will eventually rea ch if his efforts at Brahmacharya in thought, word and deed are honest, true and persistent.

Coming back to the question on hand, a celibate who has had some success in the process of transmutation stands at an energy level much higher to that of the co mmon, non-celibate man. If he becomes a victim of negative vibrations by letting them fire up within him for whatever external reasons, he also succeeds in lett ing his '2X' units of energy get converted to '2X' units of lust, anger or passi on. The power he has started to derive from celibacy is similar to sitting behin d the wheel of a high powered race car. If the driver gets careless and crashes the car at speed, the resulting destruction is much more in magnitude than that of an ordinary commuter car. As a celibate progresses in the transmutation of hi s vital power, he needs to be all the more cautious in not only staying away fro m objects of lust but also objects that could generate anger, passion, hatred, fear, worry or other negative emotions, for the birth of any one of these causes dissipation of the vital essence he has saved and nurtured with so much difficu lty down the drain.

When you let the occurings at your workplace envelope you with negativity and ca use duress, the vital energy within that you had conserved with great difficulty and effort got converted into unproductive anger and fear and with the birth of one negative emotion, eventually come along the sister negative emotions. They are never far behind. They are all like close knit members of the same family. T he presence of one fuels the others. It is for this reason that a celibate shoul d be ever vigilant not only against lust alone but also against anger, jealousy, hatred and frustration. It is very important for a celibate not to court them, lest they deprive him of the great energy he is damming up in his quest to achie ve a great objective which they will always eventually do.

When a wise man is carrying a precious large carat diamond in his pocket on the street, he is ever cautious against getting into meaningless squabbles with riff raff at the street corners. He knows the value of what he has and just wants to do one thing - Put the diamond into a safe place where he can cherish if for the rest of his life.

While it remains a fact that all of us get overpowered by these negative emotion s at some time or the other, the smart man wishing to do good to himself, temper s these negative currents with positivity, counts to ten and calms himself down,

for he knows that letting these emotions rake up their heads is a recipe to dis aster and that converting these very same emotions back into vital power is the sure shot road to spectacular success. In case of the celibate, this works all t he better, for he has the best of energy at his disposal to be harnessed into su ccess.

The road to absolute celibacy is one stricken with downfalls, obstacles and test s, for the destination is one which is extremely lofty, splendid and beautiful. But it is a destination reserved for the indefatigable man who knows not to give in or give up. To achieve something great calls for great sacrifice, hard work, patience and perseverance. But the results will be more than worth the effort. The secret of success is to convert these weaknesses into strengths by not letti ng them rake up their heads at times when they show signs of surfacing. Life is a journey that always has its share of failures and pitfalls but one need not lo ose hope or get scared even a little bit, for success always comes to to the per severing, proficient few who are bold and daring and seldom to the mild and timi d.

When we analyze the cause of our failures, we ultimately come to only one source - 'Us'. Our success or failure stems from what is within us. It is wholly inter nal. We need not waste our time searching outside for who caused us to fail. We ourselves offered a seat to external factors to come and spoil our well being an d they did the only thing they are meant to do - Cause trouble. Just as a seed s own takes time to germinate into a plant and takes many more years to become a f ull grown tree that offers shade, fruit and flowers, the seed of celibacy takes its own time to bestow the great benefits it will eventually give as a tree. But till the time it becomes a tree, one needs to fence it against dangers, water i t and guard it day and night, lest it be eaten by a grazing animal or trampled u nder ignorant hooves.

Fear not and worry not. There is not one person who hasn't had failures at the s tart of celibacy and depending on the evolutionary level from person to person, each takes his own time to get established into absolute chastity, and even then one has to be ever alert in guarding this plant. But with honest efforts, since rity and prayer to god, success will undoubtedly come and as it starts to come, it will more than compensate for all the trouble and effort one has taken. Stick to the basic rules and foundations of practicing celibacy in thought, word and deed with adequate physical, mental and spiritual activity to ensure transmutati on, firm on the assumption that it is the boat that takes man across troubled wa ters and safely makes him reach the shore of success, bliss and happiness. Some of the greatest achievers in history were the ones who tasted bitter failure ste p after step, but today we remember them not for their failures but only for the ir achievements!

This should help. Revert for clarifications if any.

May god bless you with success in celibacy and reward you with the fruition of a ll your goals and aspirations.

Dhananjay :-)

Question
Dhananjay,
Thank you for your answer to the young man's troubles. I would like to make a co mment simply based on my life experience. Ambition is a fine thing, but young me n of an idealistic temperment tend to be a bit too docile and even servile in fa ce of authority. I think we should all demand respect from those we work with. T his is part of being a man, and I believe manliness is something that sexual res traint is aimed at developing. The approval of a boss or a prof is not the purp ose of life.

I think this is something to meditate on. And the negative emotions will be like fleeting impressions on the screen of consciousnes. Let them go.
Hope I made sense

Answer
Hello Bruce,

How are things your side?

Brahmacharya is essentially man's journey back to the domain of the glory and splendor of the soul. It is the soul in all of us that forms the source of all greatness, power, strength, will and achievement. The soul is beyond intelligence, the mind, the sense organs and the body.

However the soul or 'Atman' is eclipsed by various layers of ignorance and delusion (This prevents its great power and light to fully shine through). This degree of veiling differs from person to person and is the exact factor that determines what we call the evolutionary level of a living being. In an animal like say an insect or a worm who also have souls within, this ignorance is so thick and tough that the animal is beyond comprehending emotions which humans relate to. At this stage in the evolution of a worm or an insect, the comprehension that the body is everything and the fight to survival and life by gathering food and protecting itself is paramount. The veil is so strong that intelligence in the brain of an insect is minuscule and negligibly fractional.

Then again when we go to a comparatively higher being like say a dog, the 'veil' has slightly unwound itself and is present to a lesser degree as compared to the worm further to evolution. So you see the dog relate to man, display emotions such as affection and respond to man's communication. The intelligence factor is now automatically at a higher level in the dog (As the soul now has a few lesser layers blocking its power and light) so you have an animal that can be made to fetch a ball, guard the house and respond to basic instructions. But the veil around its soul is still dense enough to prevent the animal from understanding how a television set works, how an engine fires to life or how the internet works. These things the dog cannot be made to understand.

Next we come to the final stage in evolution -'Man'. A cave man or a jungle man is not much different from other animals that reside in a forest except that his spine has become erect (Which automatically aids the rise of consciousness or 'Kundalini' to some extent) thereby giving him a better comprehension of things around him and the ability to interact with nature at a much more refined level to his advantage.

The 'Atman' or soul we have been referring to in all the above beings is untouched by the veils of ignorance around it and has always had the same splendor, power and knowledge. It might be compared to a 1000 Watt bulb ever emanating light. If the bulb were to be covered with thick blankets, no light would shine through in spite of the bulb burning with all power. The covering of blankets however doesn't reduce the luminance or brightness of the bulb in actual terms. It only prevents us from seeing the light coming through. Now if we unwound a few blankets and there were say just two blankets around the bulb, a part of the light would seep through the fibers of these blankets and we would know that there was a bulb within that was ON. We however still cant fathom its full brightness and power. If one of these two blankets were to be further removed and only a thin blanket were to remain, we would now start seeing the outline of the bulb, the sharp rays poking through gaps in the thin covering and realize the fact that the bulb is in fact quite bright and powerful. We still don't know the actual power of its wattage and luminance... And if we really want to know this parameter, there is only one way and that is to remove the final blanket around the bulb and see the bulb in all its splendor shining like a bright star!

This is precisely what the celibate tries to accomplish through Brahmacharya. In dulging in sense pleasure can be compared to adding more blankets around the bul b thereby going further away from its brightness. Indulging in true celibacy hel ps man to unwind all these blankets (Ignorance) around the soul and thereby let the shine, absolute splendor and might of the soul to illuminate everything arou nd.

And when man achieves this great feet, his greatness, power, ability and intrins ic beauty would go to unheard of heights be it in the materialistic or spiritual plane. All lofty qualities that the soul is in charge of such as bravery, valor , might, strength, intelligence, knowledge, compassion and innumerable lofty qua lities would reside at man's command, for they are after all products of the sou l. Man would become the star of stars and shine with incomprehensible brilliance . He would then realize that this 'Atman' or soul is in reality a derivative of the universal power whom we call 'The blessed lord', the father of creation and the only permanent entity, just as the billion rays of the sun are all really a part of the sun reaching us. The sun may be compared to the 'Paramatman' or the great lord and his billion rays could be compared to the billions of living soul s in fleshy sheaths on mother earth. So here we are... having come from him, the blessed lord and having being blessed with all the qualities he himself stands for !!!

So all of us need to keep in mind the fact that we are all derivatives of the su preme entity and have within us the loftiest of qualities. As this awareness sta rts to increase, negative emotions would vacate man all by themselves finding no t a place to stay within him.

Dhananjay :-)

Question
Hi Dhananjay,

Hope you are doing good. I am extremely thankful to you for anwering my last question. I was established in celibacy for a week and then I had a slip, as I could not control my mind when strong temptations emerged. I am feeling very low and disappointed. I wanted to ask few more questions to clarify my doubts.

1. How do you overcome the urges and temptations when you see the opposite sex that previously urged you to masturbate? How to get rid of those thoughts from the mind? Although I try hard to control myself, I eventually end up masturbating again. Please help me.

2. What measures should one take if one wants to avoid sexual thoughts altogether, especially in the company of the opposite sex?

3. How to forget the feeling of disappointment from past relationships with the opposite sex? I had a relationship where my partner was not responding the way I expected and this caused frustration and the desire to masturbate to avoid it. I know this is wrong and is killing me from inside. I seriously want to get away with this habit.

4. How to be fearless when others don't behave the way you want them to, and criticize you? How to avoid anger and how to control oneself in such situations? I have noticed that

this also provokes the urges to masturbate to forget the insults.

5. You talk about transmutation and sublimation of sexual energy. How can one accomplish that?

I want to enter into complete celibacy, but am helpless. I am addicted to social networking websites on the internet too. Does even looking at pictures of the opposite sex constitute a danger in the practice of celibacy?

I am hungry for your encouraging words Dhananjay. I seriously need them to gain strength and confidence. Please help me.

Answer
Hello Amit,

Keep the efforts at celibacy going. Coming to the queries,

Q1: How does one overcome sexual urges?
A: It will not be possible to overcome all these urges in one go at the start of celibacy. Hence the technique to be employed is to ensure that sights, sounds, tastes, smells and touch that fire up the sex plane in man are first kept at bay to the best extent. The mantra here is 'Prevention is better than cure'. On leading such a life abhorring sense stimulation for a long time and thereby killing the familiarity of the sex sensation as a source of delusive pleasure, man gradually starts reaching the shores of freedom from the sex sensation. Till then one has to be extremely strict and merciless with oneself regarding the downside.

Q2: How does one avoid sexual thoughts in the company of the opposite sex?
A: First and foremost, treat every woman as a mother or sister. There can be no other relationship if one wants to achieve this ideal. The 'friend' relationship will not do, it will invariably flower into lust and desire. Keep interactions brief and to the point. Lust has the uncanny ability to sprout from the most innocent of contact. No partying, or socializing with the opposite sex for the Brahmachari. Those who want to party and hangout with the opposite sex are not yet ready for Brahmacharya, they can give it a shot once they are over this interest of theirs. Brahmacharya is not a casual mode of life, it is a matter of gravity that calls for seriousness and purpose. The aim of the Brahmachari is not to win a popularity contest or be the most sought after guy in his peer groups. His aim is to discover his self. One must first make a choice on what one wants, the former or the latter.

Q3: How does one overcome disappointments that have stemmed from past relationships?
A: By reminding oneself that the things called 'Hots', 'Vibes', 'Chemistry' and 'longing' are nothing but various forms of lust, desire and passion, one realizes it was all an illusion. Would a man still want to go out on a date with his lover if she were ill, bad smelling, disfigured and ugly, devoid of alluring dresses and hairstyles? Ninety nine times out of a hundred, what people call love and a relationship is nothing more than an informal agreement of mutual convenience as regards to the exchange of sex, money, gifts or some other selfish need. This hasn't the smallest semblance to true love. True love is giving, true love is beyond a firm body, beyond social status and beyond the frills of a lady enjoying her ride in a high powered sports car. No wonder men who have none of these find it difficult to find a 'Lover', while those who do, easily find abundant number of 'lovers'. This is as much love as a rope is a snake. Keeping this absolute truth in mind will make one realize that the so called 'relationships' were nothing more than convenience contracts!

Q4:How does the Brahmachari deal with the reaction he gets from the society as r egards to his celibate status?
A: Does a sprinter practicing for the Olympics bat his eyelids when he gets call ed as being aloof further to his strict lifestyle, food habits, no partying and inhuman practice sessions? No. He takes these things in his stride as they are t he means to the end he has on his mind. Brahmacharya is very similar, one can't have the cake and eat it too. If one has decided to become a successful celibate , he will be indifferent to the world and turn a blind eye and ear to what peopl e have to say. It is celibacy that interests the celibate and not a popularity r ating as explained earlier. Once this stance is clear, you will feel no anger at what people have to say or don't have to say!

Q5:How does one achieve transmutation and sublimation?
A: Adequate and regular physical, mental (intellectual) and spiritual activity c omprising of Yogasana or exercise, constructive mental work and god-meditation a re the keys. The mind is best tamed by keeping it ever busy with productive work so it has no time to hanker after sense objects. Sexual thoughts are to be nipp ed at the bud when they do start to rise and are to be replaced by divine though ts. With this basic rule frame, success will slowly start to trickle in course o f time. For a detailed insight on this particular topic I will kindly request yo u to go through all the past answers on this portal with an eagle eye.

Trust this helps
God bless and have a nice day
Dhananjay :-)

Question
Dear Dhananjay,

I have a strange fetish for some female body parts which is so strong that it pu shes me to masturbate. I had this fetish since childhood. I want to ask, is this fetish karmic? If so, how to get rid of it? I have been trying hard but every t ime I have a big fight with my mind and eventually give in. This is a big hurdle for me to practise incessant celibacy. Please help me.

Answer
Hello Amit,

Hope you are doing good. Coming to the query,

Q: What is the cause behind and the solution to overcome strong sexual longings in a person that exist from childhood?
A: All the past karma accumulated from the innumerable births manifested by the soul is stored in the 'Kaarana sharira' or the causal body, the depository of pa st actions. Based on the 'samskaaras' present and the tendencies generated there by, tendencies towards or against a particular object manifest in a person. A st rong tendency for female body parts is hence nothing but a continuation of such tendencies from previous births accrued due to repeated indulgence in recreatio nal sexuality. To start the dissolution of such tendencies, the same principles and tenets that govern true Brahmacharya hold good. Effort required to overcome these tendencies will depend on the strength and grip of past karma. The best me thod of progress is to focus on a life of Brahmacharya in thought, word and deed with adequate physical, mental and spiritual activity to help achieve the ideal .

As stated earlier, all forms of interaction visual, verbal and physical with the opposite sex that lead to any of the eight breaks in Brahmacharya are to be str ictly refrained from. With sincere and committed practice, success will slowly s tart to trickle.

God bless and have a nice day :-)
Dhananjay

Question
Brother Ian, thanks for doing this great service.I listen to yours and julian le e's teachings and it helps a lot.

I have been able to increase my continence considerably after restraining consci ously for last 1 year.My physical strength/stamina has increased tremendously, t he problem is so has my sexual desire.In the sense that previously when i lost m y seed once a week , the longing would go for a week, it would not trouble me.B ut Now that I am able to retain it for 5-8 weeks , I don't feel any desire durin g that period.But some seemingly harmless picture/thing triggers my thoughts and once the seed is lost , at least for a day I feel like I am like an animal in h eat and I lose it quite a few times, I try hard but it seems as if the flow has started going down automatically after the 1st loss.then after a day or two of r ampant loss(during which time I cannot do anything productive), I take a vow aga in to strengthen myself and start from scratch.My physical strength has increase d considerably during the last 1 year but I just dont know how to become complet ely continent.I dont get troubled in dreams generally even during a period of 5- 8 weeks of continence, its when I am awake that most of these lapses have occure d.
During the last 1 year- I sleep on floor.I have been able to control my taste co mepletely.I eat non spicy, plain and vegeterian(avoiding all foods like garlics, onions, eggs,meat, fried, etc) food.I have no interaction with females.Sometime s when i cannot control my thoughts I start doing like 500 pushups/ go for a 6 m iles run.It helps but only for a day.Its the thoughts that hound me coupled with the obscene literature on internet.
In other words how do i strengthen my will and get beyond this cycle of strength and weakness,I want to feel consistently strong.I really really want to obtain complete mastery over my body and mind and I consider celibacy as very sacred to me.Please help.

Answer
Thanks for your question! I'll do my best to answer to your satisfaction.

I understand your question to be: how can one become totally continent? What is the process?

The answer is that you are actually in that process right now. The trying and f ailing is the process you need to go through. All of us (as far as I know) went through a process that you are describing here, more or less. The only questio n is: can you extend the periods of continence? If eight weeks is a record, why not try for ten weeks? I would start from there, and keep a journal. In the j ournal I'd keep a clear record of when I started, and be very aware of when I'm getting close to a record and when I have broken it.

The question is similar to: when will I do as many push-ups as I like? The answ er would be, through progressively breaking records, and then at some point you simply lose track of how many you can do, because you can do so many. So you st ill need to look at your current record and try to break that. That has to be s tep one.

When will you get past the struggling for continence in general? I can't say fo r everyone but for myself I didn't need a journal after my first year, and after the second year I felt foreign to that kind of desire, as I don't really rememb er it now. It seems that I have surges of testosterone as you describe here, to o, but that I don't connect that with women or doing anything with them or about them. The connection is lost because the physical body has been without this f

or a long time.

As you are vegetarian you'll understand that this process occurred with meat eating. At first you may crave meat when you don't have it, but these cravings only exist because you still remember eating it. After a year or two, you'd really not remember it – even on a very subconscious, animal level. Your body doesn't crave it, because it can't. Some explain this as "nutrition memory", but really it's just a kind of voluntary brainwashing.

How can someone achieve the loss of memories which pertain to one's self engaged in impure acts? I think just being free of conscious loss is even enough to achieve this. Wet dreams are bad and annoying, but they don't permeate the whole consciousness the way deliberate acts in the waking state do. Controlling the body from making these slips consciously for a sustained period (particularly over one year) is usually enough to make it.

Hope this helps!

Question
Hi. I want to know your opinion about food and brahmacharya. Do you think parboiled rice is a good food for brahmacharya? Can you tell me your eating habbits if it is not a secret of course? What to you usually eat? Do you have nocturnal pollutions?

Answer
Hello Danut,

Hope this finds you doing good by the grace of God. Coming to your queries,

Q1: Is consumption of 'Parboiled Rice' conducive for Brahmacharya?
A: Parboiled rice or rice that has been half boiled, when eaten in limited quantities offers the benefit of many nutrients being intact further to a reduction in the cooking time, temperature and pressure. In case of full boiled rice the longer cooking time tends to destroy many more nutrients. Boiled rice should always be eaten fresh and preferably hot on the same day and never carried forward by refrigeration. The same also applies to vegetables. For this reason, a Brahmachari yogi would do well to eat most vegetables in the raw form, thereby deriving maximum nutrition.

Q2: What are my eating habits?
A: So we don't repeat ourselves here, I will kindly request you to go through the post in past answers titled 'Eggs'- Dt: 12/02/2010 where the question has been answered.

Q3: Do I go through nocturnal pollutions?
A: While directly answering this question will amount to self promotion, A true celibate can be rest assured that nocturnal dreams become very, very rare as the first year of unbroken celibacy nears completion and almost disappear into nothing by the second year by when the surface layer of past sexual karma gets diminished to a large extent. The success one has as regards to gaining freedom from wet dreams will depend on the ability of the person in keeping his mind free from lustful thoughts to a very large extent. Entertaining sexually related thoughts during the waking state is one of the chief cause of wet dreams. Sexual currents if let to build up during the course of the day, play havoc during night. For this reason, the panacea to success is to keep the mind occupied with worthwhile constructive activity, yoga/physical exercise and deep meditation.

Brahmacharya is not mere sexual restraint. It also encompasses preventing the birth of negative emotions such as passion, anger, greed, attachment, arrogance, jealousy, contempt etc.. If a man were to practice mere sexual restraint, whilst

succumbing to any of the aforesaid negativities, he cannot be called as a true B rahmachari. Veerya (semen) will eventually desert such a man who exhibits an unt oward and disagreeable character and his mind will revert to sensuality. These e motions are like close knit members of the same family; the presence of one or m ore ensures that the others follow suit.

Developing a perspective of compassion, love, affection and a well wishing attit ude towards people, animals, plants and trees has an amazing effect in helping o ne achieve rock steady Brahmacharya. By being unselfish and doing good to the wo rld around us, we are actually doing good to ourselves. By helping a man or an a nimal in need, we are helping ourselves. By gifting a thing to the needy, we are gifting ourselves. The attitude and energy that we give out comes back to us wi th equal force. Such a temperament gradually makes Brahmacharya become effortles s and natural to a large degree.

Trust this throws light
God bless and have a nice day :-)
Dhananjay

Question
Hello Dhananjay,

How are you? I restored my efforts for celibacy again and am
on my 5th day. I wanted to know about what food should be
taken during the day and how many times to maintain
celibacy? I was addicted to eating chicken but have
curtailed it to a good extent. What substitute can I use for
chicken? Also, should onion and garlic be completely given
up? Will eating chicken once a week disturb one's celibacy?

Thanks a lot for your guidance,
Amit

Answer
Hello Amit,

Trust you are keeping well, Coming to your query,

Q: What is the right food for a celibate?
A: Till one succeeds in a complete year of absolute celibacy, it is best to stay clear of all foods which stimulate the senses. These include onion, garlic, chi lly, hot and pungent additives, egg and meat. A celibate must give up alcohol, t obacco and related addictions completely and permanently for life. After one cro sses a year of unbroken celibacy and has attained a certain amount of 'Siddhi' a s regards to the conservation and transmutation of semen, one can relax these st rict food regulations to some extent based on the spiritual level one has attain ed.

Vegetarianism is the best method to progress in celibacy. Non-vegetarian food is designed for a body that indulges in exceedingly strenuous physical activity su ch as professional sports, weight lifting etc.. and even in this domain, there h ave been people who have vouched for the amazing benefits and merits they have a chieved further to going vegetarian. The aim of the celibate is to maintain a so und body and mind so he can focus his energies towards Brahmacharya. Regularly e ating meat will not aid in the formation of a calm, clear, serene and tranquil m ind which is so very necessary and will instead produce much aggression, passion and irritation. Consuming much meat will make it nonviable for the celibate to indulge in consistent spiritual activity to clear his mind of his past delusive tendencies.

A Brahmachari should take simple, wholesome, sumptuous, nutritious and easily digestible light food which does not load his stomach and cause lethargy and stupor. Milk, buttermilk, pure ghee, limited quantities of butter, fresh fruits and vegetables, dry fruits and whole wheat products are the foods that are most suited and advised for rapid progress in celibacy. Those who have a craving for a particular kind of food and find it very tough to give up the craving, can indulge in the food they like once a week and stay strict to the rules for the remaining six days. This way, they will develop control over their palate and eventually overcome the craving.

One very effective food technique to help one succeed in celibacy is to restrict dinner to only milk, fresh fruit and an assortment of raw veggies in the form of a green salad at night. This is a dinner menu that I have personally been following and gives great benefits. The body is in a state of rest at night and does not require high protein/ carbohydrate foods. Limiting dinner to fresh fruit and veggies will rest the digestive system and help it effectively process food eaten during the day.

Trust this helps
God bless and have a nice day
Dhananjay :-)

Question
Hello...How are you? I'm practicing celibacy for some time now. Is it necessary to make changes in food habits to succeed in chastity?

Answer
Hello Jason :-)

I'm doing good. Nice to see you are on the path of chastity. Coming to the issue of what sort of food a celibate Brahmachari must take in order to succeed in his path, the following guidelines will serve as pointers:

A brahmachari must indulge in a balanced nutritious diet, which is simple and easy to digest. An ideal way of achieving this would be to take adequate amounts of wheat/ corn based, steamed or cooked food for breakfast/lunch and a salad consisting of as many fresh fruits and raw veggies as possible for dinner. You can have a cup of milk in the morning and evening with a cup of yogurt following lunch. Eating moderate amounts of butter and ghee are also suggested.

The basic aim behind such a diet is to reduce the dependence of the mind on the sense of taste as a source of pleasure. It is said that he who controls the tongue develops control over the other sense organs and brahmacharya becomes easier.

DO AVOID:
1. Spicy, hot, sour and pungent food items and additives.
2. Onion, garlic and chilly (u can use pepper as a substitute)
3. Oily, fatty foods in general (ghee and butter in the raw form are exceptions)
4. Fermented or overly seasoned foods (fresh yogurt is an exception)
5. All kinds of meat & eggs.
6. Coffee, tea, aerated drinks, tobacco, alcohol and drugs.

The above foods are to be strictly avoided as they increase the 'Rajasic' and 'Tamasic' tendencies in man, thereby igniting his sensual tendencies.

From my own experience I have realized the fact that shunning the above results in a calmer, brighter and a serene state of mind. It takes a few months of strict practice to realize the benefits and joy one accrues from following a 'saathvic' diet. With constant effort and commitment it is really not difficult to achieve the same.

By shifting onto a pure sattvic diet, one will get better overall health physica lly and mentally. You become more cheerful and less prone to agitation and restl essness. This is very important for a man aiming to win over his animalistic ten dencies.

Trust this helps clarify your query Jason :-)
Revert to me for clarifications if any

God bless and have a nice day
Dhananjay

Question
I work in a BPO, where the shifts are mostly in the nights and sometimes irregul ar. So it is not possible to get up early in the morning, every day. Should I gi ve up this job to practice celibacy? Second,I am over 35. Is it ok to try celiba cy now or will I not be getting any benefits at all?

Answer
Hello Pushparaj :-)

Great to see your interest as regards to celibacy. Thank you for the query, lets get to the answer.

Q1: Is it possible to practice celibacy, without the normal night sleep cycle an d an early morning start?

A: The normal man functions at his best with regular hours of sleep at night and activity at day. Sunrise denotes the beginning of all activity with the advent of abundant cosmic energy in the form of heat, light and positive energy, while sunset denotes withdrawal. This is the basic norm on which all life in nature fu nctions. You will have seen how birds start to chirp early in the morning all by themselves purely through their instincts without the aid of electronic alarms! There is not a single bird or animal on earth which stays asleep beyond dawn. T heir morning tweets are a celebration of a new day and new life. Man however, du e to various factors and reasons, most of which are a product of his degenerated mental state, chooses to ignore his innate voice to rise early, stays riveted t o the bed and consequently loses the innumerable benefits of an early morning st art to his day.

Why wake up early?
Early morning, before dawn (4 A.M~ 6 A.M) is called in Hindu philosophy as 'Bra hmi muhurtham' which means the period of time most suitable for the attainment o f 'Brahma jnana' or the knowledge of the Almighty creator, the 'Brahman'. During this period all forces and energies in nature are in perfect resonance for one to attain divine spiritual knowledge, the very objective of Brahmacharya. It is said to be the time when the gods come down to earth, to bless and uplift souls who are aspiring for liberation. This is the reason why a celibate is required t o rise early. The man who rises early and indulges in communion with god gets gr eat success in every mode of life.

One's career at the work front today forms an important part of his/ her growth at the worldly level. Even to concentrate on a life of spirituality or celibacy, one needs to ensure a constant supply of the basic needs (food, clothing, shelt er) and backup capital for life post-retirement. Keeping the above aim in mind, it becomes necessary many a time to partake in occupations with erratic work hou rs, which might not be very conducive to one's overall well being. At such times a celibate aspirant might get into a quandary as to what should be done.

Ask yourself if you will be able to meet your current financial commitments & jo

b satisfaction by a change over to a day job,

If yes- good, then by all means should you go ahead, for nothing beats the healt h and well being one achieves from the normal sleep/ activity cycle coupled with an early morning start and a life of ideal celibacy.

If no, you could investigate if there is a possibility of tempering these commit ments, thus spreading your financial target to a longer point of time. Many a ti me we all run after money thinking it to be a source of happiness, while in real ity money has very little to do with true happiness, beyond the basic needs ment ioned above. Celibacy can still be practiced in this state, though it might not be as easy as with the former.

Life is always a compromise and a fine tuning process between what we want and w hat we can actually get. Everything comes at the cost of something. The merry ma king man who hops from one house party to another finds little time for spiritua lity, while the celibate spiritualist finds little time for merry making and eve ntually finds himself in a state with no further interest in what the world refe rs to as 'socialising' !!!... For he has started to get in touch with true bliss - His inner soul bliss, which is millions of miles ahead of the non-permanent ha ppiness derived from external sources.

Ultimately, if one's commitment and interest in 'Brahmacharya' is genuine, since re and persistent, god will eventually ensure that the path to growth is cleared of all obstacles and suitable conditions are created for the celibate.

Q2: Is it possible to derive benefits by starting a life of celibacy beyond the age of 35?

A: There is no age bar to a man or lady genuinely interested in getting into a l ife of celibacy. While sooner is always the better, better be late than never. S criptures recommend a start age around 32~34 as the upper limit to achieve maxim um benefits. This is further to the fact that the best sperm and vitality are wi thin man unto this age. Beyond this age, the quality of the seed in a normal man starts to deteriorate. By transmuting the best of his vitality available during this period with unbroken celibacy for a period of 12 years, he can achieve the impossible. There are many instances of people in history who became celibates even beyond this age and yet achieved spectacular name, fame and self-realizatio n. An age around 35 is still close enough for notable growth. So by all means sh ould you get into being a celibate at the earliest :-)

Trust this helps, revert for clarifications if any
God bless and have a nice day :-)
Dhananjay

Question
I have been masturbating daily starting from the age of 19
years, but now I have realized the grave mistake which I was
committing. I am 24 years old now. I want to be a perfect
celibate until marriage. Can I attain self-realization even
after marriage? I am sort of depressed about the enormous
amount of vitality which I have lost during these years.
Please help.

Answer
Hello Amit,

Good to see your interest as regards to the practice of celibacy, coming to your query:

Q: Is it possible to progress in the path of self-realization and celibacy if on e has indulged in sexual excess?
A: The best of the sperm are available in a normal man from the onset of puberty up to his twenties and early thirties. From then onwards the quality and power of his sperm start to deteriorate. The first signs of degeneration at the physic al, mental and psychic levels further to wastage of semen are seen in the form o f deteriorating eyesight, tendency to feel tired, aches in the neck and spine, i rritability and a general sense of negativity etc..

Semen is the net sum of all health, strength, wellbeing and power within man. On e who conserves and transmutes this great essence can achieve the impossible.

It is good that you have realized the dangers of masturbation and want to be a c elibate till marriage. If you get into a life of celibacy in thought, word and d eed and thereby transmute the vital power into divine energy or 'Ojas', it is po ssible to progress in the path of self-realization and bliss. To achieve the sam e it becomes necessary to completely stop all forms of masturbation and other se xual indulgences. If a celibate practices true and honest Brahmacharya, he can b ring forth talented and virtuous offspring after marriage and get back into the practice of divine celibacy by which the doors of 'Mukti' or self-realization wi ll start opening.

As the saying 'Better be late than never' goes, the past is history. We are tota lly helpless as regards to altering the happenings of our past. It is the future that is at our disposal. There is no need to fear or worry if you put in sincer e efforts in the practice of Brahmacharya from now on and become a celibate. And yes one becomes very eligible to attain self-realization further to twelve year s of absolute celibacy (without the wastage of vital essence)

The Chaandogya Upanishad says:- "Those who practice Brahmacharya attain to the a bode of 'Brahman'(The creator), for by the practice of Brahmacharya alone does o ne understand the 'Atman'" (self/ soul)

You have your entire life ahead of you to achieve this noble objective, so worry not about the past but march ahead into the special journey called life armed w ith the shield of Brahmacharya :-)

May God bless you with success in attaining the knowledge of the self
Dhananjay

Question
Hi Dhananjay,

I would like to know the meaning of semen in 'ejaculatory mode'. COuld you pleas e explain?

Answer
Hello there :-)

Trust you are doing good.
Coming to your query regarding the forms of semen, here is an elaboration:

The vital energy or Prana in a person basically exists in three states.

1. NORMAL STATE OR SUBTLE STATE: In the normal state, vital energy is spread o ver the entire body (in blood, bones, muscle, nerves etc) giving us energy to ind ulge in various day to day activities. Pranic energy in this state is integral w ith the entire body in a state of harmony and union. The body is fully geared an d in availability of life force to perform action efficiently. Based on the kind of activity we indulge in, life force flows to that particular part to perform

the action. For example when an athlete gears up to run a marathon, his life for ce focuses into his leg muscles. When a boxer is in the ring, his life force cen ters around his arm muscles, when a chess player in midst of a game, his life fo rce is concentrated in his brain and so on.

2. GROSS STATE OR SEMEN STATE:
When man is under sexual excitement, his life force or Prana is withdrawn from e very part of the body and focused into the sex center. Life energy which was ear lier in a subtle state of amalgamation with his blood, flesh etc in the NORMAL ST ATE, separates from those regions to a large extent and flows to his sex center. This sends a signal for his testes to produce sperm. The prostate gland gets re ady with the prostatic fluid. The Cowper s glands ready up the Bulbo Urethral flui d. Man is now fully geared up to engage in the sex act. Almost all his vital ene rgy, except the basic energy required for his vital organs to function has now c ome down to the sex center. Energy is in a sate of wait to propel semen out of h is system. Note how sexually aggressive a person becomes when he is fully arouse d in the sex plane. This is further to all his Prana in a state of sexual focus. In this state man cannot efficiently indulge in any other activity other than t he sexual act. Ask a fully aroused man to play a game of chess he might not even remember the movements! Semen in this state is the linear, gross representation of his Prana or vital energy in liquid form. Energy which was earlier in electri city like form has now become physical, embodied in liquid semen.
In a man who constantly resides in the sex plane, his Prana is mostly in this gr oss semen form. This is the reason such people cannot effectively carry out any other form of work. The nature of gross semen is expellation. Its sole purpose i s to reach outside to aid reproduction. This is called the ejaculatory mode . It ca nnot perform any other function in this state. If not let out immediately, it wi ll flow out in a wet dream.
Once in the ejaculatory mode semen can never be fully reconverted back to Pranic e nergy. The sexual glands secreted various physical secretions to manufacture gro ss semen. All these processes are not fully reversible even through transmutatio n and meditation. There are severe limitations. A considerable volume of vital e nergy will flow out, immaterial of meditation or celibacy, once it has reached t his final gross form due to sexual duress.

3. VERY SUBTLE STATE OR OJAS STATE:
When a yogi leads a life of true celibacy, conserving all his vital energy and t ranscending it from its NORMAL STATE to a highly concentrated, very subtle state through techniques such as meditation, asana, Pranayama etc His Prana becomes ve ry subtle in nature. Its intensity increases to a great extent. It is akin to gr oss water being heated and converted to superheated-gaseous steam in a distillat ion plant. Vital energy now has enormous potential energy. It rises up like stea m does and reaches his AJNA CHAKRA or the point between his eyebrows. This is call ed OJAS STATE . The full power of this state is said to come to a Brahmachari furth er to 12 years of true celibacy, without wastage of even a single drop of semen. His Pranic energy is now totally sublimated. It gives him the ability to enter the metaphysical word/ astral planes. He can get astral visions, knowledge of cr eation, god etc Advanced Urdhvareta yogis get powers such as Trikala Gnyana or know ledge of the past, present and future. Many ancient sages in this state had Ashta Siddhis or eight superhuman powers like Levitation (ability to fly), astral trav el, ability to make the body microscopic or macroscopic, Bhuta vidya or the power to converse with wild animals and win their obedience, Listening to sounds many miles away (Doorashravana), Power of sight ranging to hundreds of miles (Dooradr isti) and many more
(I will give a detailed description of all the Siddhis for the information of ce libates in another answer sheet) Most importantly, the yogi gets vision of God a nd is blessed with self-realization. This is the highest state.

Celibates should understand what exactly sublimation is all about. Urdhvareta kr iya in reality is not conversion of gross semen into Ojas. It is conversion of s

ubtle/ normal Prana into Ojas, by preventing the formation of gross semen. If yo u continuously indulge in sexual activity that brings down Prana from its NORMAL STATE to a lower GROSS/SEMEN STATE, sublimation becomes difficult and roundabou t. It must again be brought back to its NORMAL STATE and then taken to the VERY SUBTLE/ OJAS STATE.

The answer to what happens in a man at the start of celibacy lies in this fact. At the start of celibacy when man shuns sex stimuli, his Prana or vital energy c omfortably rests in the NORMAL/SUBTLE state. Earlier it was being brought down t o form semen. Now that need has been removed. The body stops production of earli er quantities of semen. Initial stages of celibacy do not really involve re-abso rption. Most volume of semen in gross form at the start of celibacy actually flo ws out. It is due to lack of further production by which energy levels go up. Th is is exactly why for celibacy to bear fruit say beyond three months or so, subl imation into OJAS is necessary. Till this time the body is actually not in a sta te of re-absorption. It is only in a state of non-production and in a state of h armonization of existing Prana at the SUBTLE STATE. Further to this, production of gross semen goes on reducing and formation of more and more Prana goes on inc reasing (provided the celibacy is true and genuine)

So when we say sublimation of semen into higher forms, it is really sublimation of Prana in NORMAL STATE into OJAS STATE. For Prana to reach NORMAL STATE, man s hould desist from sexual excitement thereby prevent formation of GROSS/ SEMEN ST ATE. In an Urdhvareta yogi, this is fully achieved. His body does not produce gr oss semen at all. The vital energy required to sustain his body and intellect ar e fed from that part of his Prana. The rest is fully converted to OJAS.

Trust this makes things clear. Revert to me for clarifications if any.

God bless and have a nice day :-)
Dhananjay

Question
I have been striving for celibacy for years. although I slip at times. I am celi bate most of the time. I have noticed that I can see filth in others, I can see the perverse and they make me sick at times. I can hardly stand to keep company with them. I find their conversations so uninteresting, harsh, and underdevelope d. Why is this happening. Should I rid myself of such friends. Could that be why i slip at times? I want to be completely chaste until marriage. I read a book t hat talks about falling in love with a girls heart, and that is what I am waitin g for.

Answer
Hello Carr :-)

Trust you are keeping well. Coming to your queries,

Q: Does bad company affect Brahmacharya?
A: Most people indulge in base thoughts, words and deeds thinking them to be a s ource of pleasure. This is due to Avidya or maya an illusion. They go in search of sense stimuli and ultimately get caught in the web of passion which takes them deeper and deeper into sin.

A celibate who is firm regarding his goal for growth should by all means avoid s uch company and talk. Wrong company sends out wrong/ negative vibrations which u pset celibacy. You cannot be celibate beyond a limit in such environment.

If milk is mixed in water, it dissolves completely without distinction. If your turn milk into yogurt and then yogurt into butter and then put butter in water, it floats with no mixing. We are all beginner celibates akin to milk with water

comparable to bad company and temptations. Till we reach the state of butter, we should ever be alert against water!

It is an indication of your presence in the path of purity that you feel offended by such people and their company. You should uphold this tendency of yours and strive toward a life of celibacy without slips. Once you meet the right soul in the form of your wife as a life partner, you will be able to bring to life very special and talented offspring, following which you can continue in the path of celibacy.

Well, the right approach is to fall in love with a girls soul who is none other than the great lord! It is god who manifests as a soul in each and every one of us. The soul is beyond mind, body, intellect and consciousness, so see god in the person you love :-)

I wish you the very best in your path of celibacy and am sure that you will meet the right girl, who will give you happiness and spiritual growth as the right life partner should.

Trust this helps.

God bless and have a nice day :-)
Dhananjay

Question
Hi. I read that Ghee increases shukra (semen?). Do you think ghee is good for brahmacharya?
Thank you.

Answer
Hello Danut,

Hope you are doing fine. Coming to your query,

Q: Is Ghee beneficial for Brahmacharya?
A: Cows milk, fresh curd or yogurt, butter, buttermilk and ghee are considered beneficial for a life of Brahmacharya as these are 'Saathwic' foods that do not cause agitation or irritation of the mind. In addition to promoting calmness and producing an agreeable tendency, ghee is considered beneficial in the development of the 'Medha Naadi' in the brain that leads to superior mental faculties. The diet of a Brahmachari is frugal and simple and has minimal quantities of oil and fat. The above mentioned milk products are hence safe and 'saathwic' sources of the little amount of fat that the body requires for sustainment and for development of the brain. Hence ghee can be consumed in small quantities on a regular basis.

Coming to whether ghee increases semen, it should be noted that the final aim of the Brahmachari is to prevent the formation of semen after transmuting the reserves. This is further to the fact that semen exists in the subtle state all over the body by default. It is only sexual arousal which draws the subtle semen from every tissue and pools it into the sex glands re-converting it into gross semen. By default, the gross semen originally produced is trifurcated and goes to develop the body, brain(intellect) and towards the formation of 'Ojas'. Hence it is not recommended to consume excess food/nutrients which are high in fat and oil which could lead to the over production of semen and thereby induce its wastage through a wet dream since the body absorbs only the required quota. For this reason it is necessary to maintain a balanced and frugal diet that is just sufficient for one's needs.

God bless and have a nice day

Dhananjay

Question
Hi Dhananjay,

I hope all is well. I'm still going strong and experiencing the many benefits br ahmacharya has to offer. Although now I feel that I need to move to the next lev el, Guru devotion. I often read a lot about this but have never tried it up unti l now. It has really helped me a lot when temptation arises. I think upon the Sw ami that visits in my area during these tough times and the lustful thoughts go away almost immediately. I feel as if a part of him comes over to me. Can you ex plain what happens on an energetic level here?

Also I will talk to him about this the next time he comes around. But I assume h e will already now as he is highly intuitive when ever I speak with him. How sho uld I approach him with this? Do you think there might be a chance that he will direct me to focus on another person for example Swami Vivekananda?

Michael

Answer
Hello Michael,

Keep up the efforts at Brahmacharya going. Coming to your queries,

Q: How does "Guru Bhakti" or devotion to one's spiritual master help in progress ?
A: The Guru or spiritual master is a word formed from the two Sanskrit letters (Ga- Meaning Ignorance, Ra- meaning dispeller) it means one who dispels our ignor ance. A true Guru is considered as a medium through whom God works. Great charac ter, mental strength, compassion and understanding are the signs of a great mast er. A true master is beyond selfishness and has the sole objective of uplifting and inspiring his disciples. A good Guru analyzes the strengths and limitations of his disciple (evolutionary level) and accordingly professes him on the nature of the spiritual past most suited.

On a parallel note, the advancement of a spiritual aspirant depends largely on t he devotion, love and respect he has for his Guru. There is the story of an anci ent yogi from India who mastered all spiritual powers and was a celibate of imme nse power. His name was 'Gorakhanath". The story goes that at the point of time when he was a beginner and had enrolled himself into the hermitage of a great sa int for spiritual initiation, the saint took his disciples to the forest to test their devotion. He installed a sharp spear under a tall tree, asked the discipl es to climb the tree one by one and jump headlong into the spear. Naturally all of them refused to do so. Gorakhanath unhesitatingly climbed the tree and jumped headlong onto the spear. At the last second when his head was about to touch th e tip of the spear the saint with his yogic powers ensured him freedom from deat h by turning the spear into a bed of flowers. This was possible due to the immen se devotion and unconditional faith Gorakhanath had for his Guru, the Saint. The other pupils, doubted the Guru as the representation of God and weren't committ ed in totality to the Guru.

If our longing, efforts and sincerity at attaining high levels of spirituality a nd Brahmacharya are true and genuine, God undoubtedly sends forth a Guru who is commensurately knowledgeable and noble enough. But this wholly depends on our tr ueness and devotion to the concept at hand. The more true we are, the better wil l be the quality of the Guru.

There is a Sanskrit saying from Indian scriptures: "Acharya devo bhava" - Treat

the master as God. When one has such an approach and devotion to one's master, he succeeds in winning the trust, love and affection of the master and Godliness flows from master to pupil. It is actually a flow of energy from the region of higher concentration (Guru) to the region of lower concentration (Pupil). The effectivity of energy transfer depends on the knowledge and pranic energy or universal consciousness within the Guru. One who is a great guru is always a strict celibate. A man who wastes his vital energy can never be a great Guru. To transmit knowledge at the highest level, one has to undoubtedly be an Urdhvaretha and the receiving pupil has to be an ardent and true celibate.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
Hi, I'm a 35 y.o male who is finding it very hard to control my sex instinct and often find it even intruding into my work and family time. I'm also experiencing a reduced attraction toward my wife ever since she bore our son. How do I get out of this mess?

Answer
Dear Arun, It's great to see someone realize that the state you are in needs correction! I'll do my best to help you out. Allright lets get to work :-)

Nature has created the sexual instinct in man to serve the following purposes when focussed right:
1. Progeny.
2. Produce marital bondage with one's legally wedded spouse.

Based on your question and assuming you had a healthy attraction for your wife prior to childbirth, lets analyse the situation. Men and women are basically wired to get attracted to each other by default. Nature's intention behind such a chemistry is to bring together two people into a state where they cohabit, produce offspring and then the most crucial aspect: Stay together to form a happy family unit. For the sake of analysis, lets imagine a theoretical state where lets say there was no attraction between two strangers called a man and a woman. Would they ever come near each other? or if they did would they be willing to stay together, bear responsibilities and do things for each other? The general answer is 'NO'. Hence nature has come up with this wonderful thing called attraction/ falling in love and staying together by forming a family unit.

It's here that there is a catch. Nature always programs a couple to feel this thing we call as 'vibes' or 'attraction or 'hots' for each other at the physical, mental and emotional level only up to a certain point of time. This state is produced as I already mentioned in order to weld them together in setting up a family. Once the objective is achieved this state of attraction naturally starts to wean. This is actually nature's pointer to the couple that having now formed a family unit they should move on and introduce a new foundation on which their marital relationship would henceforth rest. And that new foundation I'm referring to is based on concepts of unconditional companionship, trust, true love, consideration etc.. It is precisely for this reason that a marriage/ relationship based only on physical attributes has a short life.

Man erringly assumes the sensation of sex to be the paramount pleasure and something to be had all through his life. Blinded by this falsity he fails to realize that he can achieve states of mind/ consciousness which are miles ahead of the sex plane in ecstasy. It is here that the concept of 'Brahmacharya' acts as a means in achieving these higher states. The net meaning of the word 'Brahmacharya' is to roam in quest of 'Brahman' or the allmighty who is always in a state of 'Paramananda' or eternal bliss. It does not necessarily mean complete abstinence

from sex all of a sudden for a householder. But the important thing here is to s
hift the focus of pleasure from the sensation of sex to communion with the bless
ed lord in a gradual manner by thinking less on sex and more on god.

Coming to the question on hand, put your mind into a life based on true love and
 kindness. True love is unconditional. The giver of true love derives immense pl
easure from the act of giving it. He is least bothered whether he gets it back i
n reciprocation. When you truly love your beloved wife, her physical body or dre
ssing will have no bearing on your desire to spend time with her and give her ha
ppiness at the innate level. Your wife is in reality god in the human form cooki
ng for you, serving you and smiling at you. Realize the falsity of bodily attrac
tion. Gradually reduce the frequency of sexual intercourse and if thats not imme
diately possible, reduce the frequency of ejaculation. Semen is the nectar in a
man. The more he conserves this divine fluid the more he shines and prospers. Se
t aside some time everyday to:

1. Indulge in some form of physical exercise.
2. Stimulate your mind with intellectual work (most of us have this at our work
place)
3. Indulge in 'Atmic Vichara' or quest of who you are by reading the summary of
Holy treatises such as the 'Bhagavad gita' or 'Bible' or 'Quran' based on which
ever religion you belong.

Be ruthless in avoiding the sight, sound, smell, taste and touch of anything whi
ch fires up the sex plane. With consistent, true and honest efforts god will wit
hout doubt extend his hand to you and pull you up. Hope this puts you on the rig
ht track :-) Get back to me for clarifications if any.

Question
Hi Dhananjay,

I am very well with each week that passes new experiences arise.
Lately I have been noticing increased body heat. It is winter here and I don't s
eem to get cold anymore. While everyone else has their jumpers on I dont. The bo
dy temperature will rise during meditation aswell. I also notice I don't get sic
k anymore either all of my friends have colds and it never gets to me. So my mai
n question is the increased body heat a by product of meditation and brahmachary
a? I'm also experiencing a duality between the physical body and the energy body
. The physical body can be exhausted from the gym. And yet I can lay in bed and
this other part of me is at full power so to speak.

Answer
Hello Michael :-)

Nice to hear from you and to know you are doing well. Coming to your queries,

Q: Does Brahmacharya increase the body heat?
A: Yes, it certainly does. When a celibate indulges in yogasana and meditation u
pon god, thereby transmuting his Rethas (semen) into Ojas, the vast amount of en
ergy which was formerly dissipated due to loss of semen now gets converted to en
ergy and heat. This results in increased strength, energy, vitality and cheer. F
urther, Ojas which is called the Divine nectar has the power of annihilating all d
ecay, disease and degeneration at the physical and mental level. A true Brahmach
ari seldom falls ill and even if he does due to some past negative karma, will r
ecover in no time. This will explain your lack of need for extra warm clothing a
nd no illness.

Also in a Brahmachari who has converted his Rethas into Ojas, The face starts be
coming more and more red in color. This is further to semen being converted into
 heat.

I had a tendency for cough and tonsillitis before the onset of celibacy. The sli
ghtest change in weather used to give me a sore throat. All these irregularities
 disappeared after a few months of Brahmacharya. And now I take cold water showe
rs daily! While my body is as warm as the rays of the sun. A cold water bath is
very useful to the Brahmachari for the following reasons:

1. It kills passion and lustful thoughts
2. It regulates the excess heat produced
3. Cold water has immense Pranic energy or natural cosmic energy filled by Mothe
r Nature. When you heat water this gets destroyed.

Gradually reduce the temperature of shower water over a period of time (say one
month) till it equals atmospheric temperature and tell me the difference in your
 life of Brahmacharya :-)

One of the signs of an Urdhvareta is his uncanny ability to be indifferent to th
e extremes of heat and cold, pain and pleasure and in general to the dualities o
f life. The mind becomes so strong and receptive to your commands that you will
be able to withdraw your mind from the sense of heat, cold, pain etc at your will
.

By the way what are the changes you observe in your food habits (quantity, type
of food) further to celibacy?

Trust this helps. Revert for clarifications if any

God bless and have a nice day :-)
Dhananjay

Question
Hi Dhananjay,

I have question about temptations that arise when practicing brahmacharya, as it
 appears that people seem to be taking more of an interest towards me now since
I have started to commit myself fully to my spiritual practices. Do people seem
to be attracted to you more when you practice brahmacharya and meditate a lot? I
 asked a swami about this recently and he said to me that you need to be careful
 in the next couple of years because people will be attracted to the energy you
emanate particularly women. Is this true? As much as I would love to meditate aw
ay in the forest somewhere. I am have to interact with society on a daily basis.

Answer
Hello Michael :-)

How are you? How s your life of Brahmacharya progressing? Coming to your queries..
.

I understand you intend to ask regarding:

Q1. People getting attracted to a Brahmachari further to a life of Brahmacharya:

A: When a man steps into a life of celibacy, he conserves energy which was earli
er being sexually dissipated. Semen conservation and transmutation with pure tho
ughts, words and deeds produces Ojas (divine energy) and Tejas (luster) in one s perso
na. This in effect is equal to electricity. It is the manifestation of the unive
rsal cosmic power. Such a positively charged Brahmachari with a large reserve of
 cosmic energy becomes very active, energetic and powerful in all fronts. Just a
s a powerful north poled magnet naturally attracts iron filings (south polarity)
, a true Brahmachari is an embodiment of positive electrical energy. Women natur

ally find him attractive and appealing and hence are drawn to him.

But the aspiring Brahmachari should stay clear of women, knowing their beauty to be nothing more than an illusion in the cosmic drama called life. His contact with women in particular should be limited and only if necessary. Interactions should be to the point and not more. Lust is the greatest trickster. It has the uncanny ability of arising out of very innocent contact. It is tenacious and more patient than the most ardent celibate.

The true Brahmachari should ever be humble before god and the world, realizing his power not to be his own but a reflection of the divine power shining through him. He should never bloat in ego and consider himself the doer, for it is god the doer. The moment ego blossoms, his downfall begins. A man intent of achieving the ultimate goal of self-realization through celibacy should till he achieves his goal be ever vigilant against the onslaught of lust, temptation, anger and ego. Birth of any one of these nourish the others and become impediments in the path of the celibate.

Q2. How does one maintain Brahmacharya, whilst being in the world?

A: The technique of achieving this objective is to develop intense faith and devotion to god in addition to one s celibate practices. Constant self-contemplation coupled with prayer to god to help reach a state of dispassion towards the world gradually bear effect. As Lord Krishna tells in the Bhagavad-Gita The saint of steady wisdom is In the world, yet out of it , a celibate yogi indulges in efficient action without caring and attachment for the resultant fruits. Once we accomplish this, our achievements cannot goad our ego.

To sum up, you can give your best into the work you do without letting the results affect you. Be indifferent to flattery. Also stay clear of sexually laced talk/ humor. You can develop an attitude of being reserved and brief yet polite with women. Everyone acknowledges a courteous and polite man. A man of such behavior may initially raise brows, but in the long term people can respond with nothing else but respect.

Hope this makes things more clear Michael :-)

God bless and have a nice day

Dhananjay

Question
Dear Dhananjay,

I have gone through all your posts and they are brilliantly communicated. Thank you.

It is always a pleasure to read through your answeres as they are written in a very communicative and easy to undertand manner. Your clarity of thought and communication perhaps is an indication of benefits one derives from celibacy! Correct me please if I am wrong.

Now coming to my intent for writing to you: I have three questions in my mind and this is also in interest of the larger audience incase this helps in clarifying their doubts:

a> I am 34 and a virgin by choice: My question is that: Is a person inexperienced in sexual intercourse in any way at an advantage in his quest to celibacy given that his/her brain doestn register the reference to the "sexual pleasure sensa

tion"? I had incidentally come across a recent medical research study funded by an Ivy Leaugue medical college where also it has been revealed that a sexual itn ercourse in itself is 400% more addictive than manual stimalation or even oral s ex (empirically proven by exhibiting higher levels of secretion of the hormone " prolactin").

b> Personally am on my 14th day of celibacy although I have failed few times be fore. However since the last few days I have fallen ill due to a sudden viral at tack. I remember from one of your posts that this is a normal "obstruction" to t he quest in brahmacharya. Are we suggesting that the body initially repels the i dea of celibacy and hence the disease/ illness surfaces?

3> Kindly throw some more light on the fact that the practice of celibacy helps in improving memory and concentration. Does it have a scientific basis? If so th en by which period do you start recieving the physical benefits. Also memory bei ng the precursor to intelligence then are we saying that celibacy in itself can make someone more intelligenct or develop perfect memory (??)....case in point c ould be the photographic memory of Swami Vivekananda.

Would be greatly benefited if you could enlighten us on these doubts with your e ver flowing wisdom.

Many thanks and best wishes for your personal quest and good service to all of u s aspirants

Answer
Hello Raj,

Good to see that you are interested in the practice of celibacy. Thanks for the queries. Coming to the answers,

Q1: Does a person inexperienced in the sexual act have more of an advantage to s ucceed in celibacy?
A: Every thought and action we indulge in gets stored in the mind and etched in our causal body or the 'Kaarana sharira'. The causal body is a repository of all our present and past actions. The nature of man to perform a particular action is a result of 'Samskaara' or the 'lines of action' that are etched in the causa l body. These 'Samskaaras' in turn produce 'Vaasanas' or tendencies towards a pa rticular deed. It is for this reason that different people have different tenden cies towards the same object. While a person with cruel vaasanas might be tended to hurt and injure a helpless animal, a man with kind and humane vaasanas will have a tendency to protect and show kindness to the same animal under similar ci rcumstances.

If man repeatedly indulges in sexual activity for a purpose other than procreati on, he starts to associate the act as a source of 'delusive pleasure' and entert ainment following which the mind begins to get corrupted and tainted. The purpos e of the sexual act is only procreation and not recreation. By misuse of the org ans of excretion/ procreation as organs of recreation, man opens a can of poison ous worms which ultimately devour and destroy him. On the contrary, limiting the use of these very same organs to what they are actually meant for, bestows upon man a life filled with health, happiness, accomplishment and ultimately self-re alization.

Coming to the topic regarding the effect of indulgence in the sexual act upon on e's mind and psyche, each and every sexual thought and act produces correspondi ng 'Samskaaras' or 'lines of action' in the causal body. Our thoughts and action s are like the stylus of a lie detector machine. Just as the stylus in the machi ne produces a pattern on paper based on the heart beat and pulse rate of the per son under test, our thoughts and actions etch their own 'lines of action' into o

ur psyche. These lines are stored forever in the causal body and in turn make us the people we are.

A person who has not had any sexual intercourse/ encounter with a member of the opposite sex, correspondingly also does not have a first hand experience of the sensations that the act generates at the practical level in this particular birth. To this extent, he or she is not fully aware of these sensations and their after effects. This insulates the person concerned to a large extent from the delusion that is created further to indulgence in the sexual act as a source of pleasure. To a large extent, the person might be said to have abstained from opening a 'can of worms' and is that much more safe as compared to one who has opened the can and has to deal with the mess. To this degree, the person without first hand knowledge of sexual intercourse is more poised to succeed in celibacy. He doesn't have to deal with the apparent 'sexual longings' and 'needs' which surface in a man who has tasted the forbidden fruit and thereby colored his mind.

It is for this reason that all religions in the true sense profess man and woman to stay virgin till marriage. The very pertinent and valid reason behind this rule is to prevent man from adopting a recreational stance towards the sexual act. Also people who have stayed virgin and have practiced strict celibacy until marriage (without sex, oral sex, masturbation or any other sexual stimulation) by keeping their thoughts and deeds pure, elevate themselves spiritually and do not feel the need or desire to resort to the sexual act as a form of recreation even after marriage. They tend to limit the activity for progeny only and thereby poise themselves for real progress in the path of spirituality.

Q2: What is the connection between illness/ ill health and celibacy during initial stages?
A: As one starts a life of celibacy, he or she begins to lead a life which is drastically converse to the earlier mode of thinking, activity and life style which were largely based on sense stimulation. All efforts at celibacy are directed towards freeing man from the grip of delusion and sense stimulation. The mind and psyche which were earlier used to the objects of senses as a source of pleasure now find themselves being imprisoned in a vacant land bereft of these sense pleasures. They naturally revolt with anger, agitation and try to find ways to reclaim their old haunts.

The first year of celibacy is generally agog with purification at different levels. Purification and removal of 'toxins' that have been embedded within us due to our past karma slowly start getting undone. This purification generally starts at the physical level and then proceeds to the astral and causal levels. Removal of toxins from the physical body can take various forms such as ulcers, disease, illness, etc... These are essentially happenings related to detoxification and the release of toxins is generally a painful experience. They may also be considered as 'tests' given by God to analyze the commitment one has towards celibacy as the celibate's resolve towards celibacy gets 'tested' at these troublesome times. In reality, the celibacy one is practicing is actually undoing all the sources of imperfection and disease present within and paving the way for perfection. Many give in to the stress and strain and give up the practice of celibacy, while the strong and determined march on, immaterial of these obstructions.

Q3: What is the scientific basis behind the claim that celibacy improves faculties of the brain?
A: Dr. Edwin Flatto, M.D. in his paper Dt.March 2005 says -" The seminal fluid is a viscid, proteinaceous fluid composed of secretory products of the testes, epididymis, seminal vesicles, prostate gland, and Cowper s gland. It is rich in potassium, iron, lecithin, vitamin E. protease, spermine, albumen, phosphorous, calcium and other organic minerals and vitamins. An average ejaculation is about 2 to 5 cubic centimeters of semen and contains from 200,000,000 to 500,000,000 sperm. Each one of these millions of sperm carry 23 chromosomes, split chromosome

s, prostaglandins, genes, electricity, and all the vitamins, enzymes, and minera ls necessary for the creation of another human being. Besides being a factory ma nufacturing sperm, the testicles produce male hormones or androgens such as test osterone. If not ejaculated, they go directly into the blood stream and are carr ied to every part of the body. They stimulate the pituitary gland and the creati ve centers of the brain. Semen is not a substance to be wasted lightly. The fast er you use it, the more the body is forced to produce it. Your blood stream take s the raw materials from every part of your body, including your brain, and tran sports them to the gonads to be used to replace expended resources. An analysis of both brain cells and semen shows great similarities. Both are very high in ph osphorus, sodium, magnesium and chlorine. The sex glands and brain cells are int imately connected physiologically, but are adversaries in the sense that they ar e both competing for the same nutritional elements from the identical blood stre am. In this sense, the brain and the sexual organs are also competitors in using bodily energy and nutrition"-End of quote.

In other words, semen contains the life force that alone has the power to create another life. When man indulges in the sexual act, he is giving a portion of hi s very life to produce another life. Such is the gravity, seriousness, divinity and importance of one single ejaculation. Would any of us 'play' a sport that wo uld put our very lives on the line? Would we be interested in pole vaulting a hi gh voltage, electricity transmission power line? No. Using sex for entertainment accounts to just that. Electricity is meant to be safely used to ease our life and not played around with. By using sex for pleasure, man is wasting the greate st power within him.

Medical research points out that semen, the spine and the brain are all linked. When semen is analysed, it becomes clear that it has the same constituents as th e spine and brain. In other words, semen to a large extent is a derivative of th e cerebro-spinal fluid. He who conserves and transmutes semen will never be trou bled by joint pains, back aches, spinal problems or bone related disorders. The spine remains lithe and elastic and this can be made use of in the reversal of a geing (as the spine houses the channel 'Sushumna naadi'through which 'Kundalini' or life power flows) The brain becomes exceptionally powerful and all its abili ties shine to the fullest extent. On the other hand those who waste semen will e ventually be plagued by health problems such as joint pains, a deteriorating spi ne, bone disorders, poor memory, mental exhaustion, poor eye sight and innumerab le diseases.

Hindu scriptures point out that by the honest and true, unbroken practice of Bra hmacharya in thought word and deed for a period of 12 years, 'Buddhi naadi' or ' Medha naadi' is formed in the brain by which man can have a photographic memory of anything he reads or hears and can reproduce the same word to word unfailingl y. He can solve extremely difficult problems and life situations easily by using the power of his 'Ojas' or divine energy. The ability of the brain to concentra te, focus and find solutions to any problem would be comparable to superhuman di mensions. Further to this period of true celibacy in thought, word and deed, man develops 'Trikaala Gnyana' or the knowledge of the past, present and future and rests in a state of incomparable bliss, constantly in the thought of God.

Swami Vivekananda was a living example for the benefits one derives from the pra ctice of celibacy in effect. He attributed his remarkable mental prowess to a li felong observance of Brahmacharya. At one point in time, a disciple of his was e xclaiming at the impossibility of absorbing all the contents of the many volumes of 'Encyclopedia Brittanica' that had landed at the library the previous day.

Seeing the new, shining volumes, the disciple said to Swami - It is almost imposs ible to read all these books in a single lifetime.
The Swami said -" What do you say? Ask me anything you like from these ten volum es, and I will answer them all.

The disciple asked in wonder, Have you read all these books?
Swami - " Why should I ask you to question me otherwise?"

On being examined, Swami Vivekananda not only reproduced the sense, but at places the very language of the difficult topics selected from each volume. The disciple, astonished, put aside the books, saying, This is not within human power!
The Swami said: " Do you see?, simply by the observance of strict Brahmacharya all learning can be mastered in a very short time one has an unfailing memory of what one hears or knows but once. That power may come to all. That power comes to him who observes unbroken Brahmacharya for a period of twelve years. With the sole object of realising God, I have practiced that kind of Brahmacharya myself, and so a screen has been removed, as it were, from my brain. For that reason, I need not any more think over or prepare myself for any lectures on such a subtle subject as philosophy. Suppose I have to lecture tomorrow; all that I shall speak about will pass tonight before my eyes like so many pictures; and the next day I put into words during my lecture all those things that I saw. So you will understand now that it is not any power which is exclusively my own. Whoever will practice unbroken Brahmacharya for twelve years will surely have it. If you do so, you too will get it".- End of quote.

Intelligence is largely dependent on the power of recollection. Memory is the catalyst to free flowing intelligence. Our intelligence is a product of how well we are able to grasp, store, analyze and reproduce what we learn and observe from life experiences and Brahmacharya is the base on which this intelligence rests, for Brahmacharya brings out the light of the soul and the soul is superior to intelligence.

Trust this helps
God bless and have a nice day :-)
Dhananjay

Question
QUESTION: Hello Dhananjay,

Thanks for a very kind elaboration.

However, the fprms of semen that you had explained still bothers me. Im a little confused.

The thing is, you said, having moderate non-ejaculatory sex is much better than with ejaculation. There is no energy lost, right? This is assuming one follows a certain lifestyle such as regular meditation, exercise, etc.

On the otherhand, it is just a cut above the normal men than a celibate mode of life having also regular meditation, exercise, etc. in front.

So based on my understanding, no matter how deligent and expert the Tantric lover in the art of love, in mastering his seed, and no matter how moderate (let say once a month or once in two months) it is still inferior or far lower than the celibate in terms of spirituality.

How?

I thought what matters most is the preservation and cultivation of sexual energy in ones body. Also I presume that during non-ejaculatory sex, it is already a lost due to penile stimulation that result to prostrate, seminal vesicle and testicle s secretions which somehow when not ejaculated during tantric session leaves the body through wet dreams, repetition of sexual urges until ejaculated, etc. Am I right?

For example, if we compare John and Kane. In which John practices 20 minutes Tan tric intercourse w/o ejaculation once in two months and Kane is purely celibate. Who among them has better spiritual attainment if both of them ejaculate only o nce in three years for the purpose of progeny, if assuming both of them are regu lar in their meditation, exercise, etc..?

Hope you don t mind. Thanks.

ANSWER: Hello there :-)

I m doing good, trust things are great your side too Thank you for the questions; l et s get to the answers,

Q: Who between John and Kane will get more spiritually enlightened?
A: While both might exhibit similar benefits initially further to the common fac tor called non-ejaculation , Kane will achieve concrete spiritual enlightenment in the long run.

Let s analyze the rationale behind this statement.
Why does John want to indulge in non-ejaculatory sex? There are two reasons:
1. He wants to conserve his seed and grow spiritually.
2. But, he also wants to enjoy sensory pleasure derived from sexual contact.

These two objectives are contradictory and opposite. It is like wanting to eat t he cake and have it too. We all know this is not possible. The objective of cons erving one s seed is for spiritual enlightenment, while the act of having sex is a imed at enjoyment of sensual pleasure. Sexual gratification, with or without eja culation is earthly, sensory and ties man firmly to his delusive side. Unless ca rried out with the aim of begetting progeny, its purpose is wholly sensual.

A man trying to do both is taking one step ahead further to non-ejaculation and two steps back by increasing his familiarity with the imaginary pleasure derived from sexual contact. This will bind him more and more to his animalistic side a nd prevent ascension into the realm of spirituality. At most he may derive the b enefits of celibacy at the physical level. At some stage, slavery for the want o f sex sensation will result in his seed deserting him knowingly or unknowingly, wherein his spiritual progress comes back to square one.

Illusory sense pleasures and soul bliss are equally opposite and mutually exclus ive like two sides of a coin. Can we look at both heads and tails at the same ti me? No. We can either see heads or tails. Viewing one side prevents the other fr om being seen. God has made these two in the same way. The man who associates hi mself with sense pleasures cannot fathom soul bliss and the man who knows soul b liss has no mind for sense pleasures. To the spiritually enlightened man who has tasted soul bliss, sense pleasures seem like stale, cold food. He has tasted fr esh, piping hot food and can no longer stand the thought of spoilt food.

We are all souls in various stages of delusion, yet to taste soul bliss emanatin g from spiritual enlightenment. We have for long been conditioned into eating co ld, stale food called sense pleasures, erringly assuming them to be tasty, for w e know not fresh, hot food (soul bliss).

How can a man fed on cold, stale food since birth ever know the allure of fresh, piping hot food? Or will he ever go back to eating such spoilt food once he tas tes heavenly food? No. It is here that perfecting celibacy to the full extent co mes into play. Absolute celibacy becomes the ladder to reach the high state of s oul bliss.

The prize called soul bliss which comes at the highest stage of spiritual enligh tenment is a very coveted catch. Celibacy is the foundation on which all efforts

at claiming this prize are based upon. God in fact places various obstacles and temptations in the path of the celibate, offering less coveted states which are achievable more easily as a test. He tests our commitment and intensity with various temptations. The sex temptation is the chief among them. While the less ardent celibate deviates from his path and settles for the less coveted states, thereby locking himself out of the kingdom of soul bliss, the true celibate gives up all forms of sense pleasures knowing very well the great prize waiting for him at the end and is amply rewarded with soul bliss and self-realization by god at the fruition of his efforts.

In order to achieve true spiritual enlightenment, it is mandatory to overcome the desire for sense pleasures of all kinds and forms. Sexual pleasure is the strongest among all sense pleasures. Unless one succeeds in killing the familiarity of the sex sensation, one cannot fathom the depth of soul bliss. Indulgence in the sex act, even without ejaculation will always keep this familiarity alive and well fed.
At the personal level, I will suggest a simple experiment you can try to get more convinced regarding the above elaboration. Lead a life of true celibacy in thought, word and deed (no sex, no ejaculation) for six months. At the end of these six months, revert to me with the difference in spiritual bearing that you find if any :-)

Hope this helps in the clearance of doubt. I wish you the very best towards spiritual enlightenment.
God bless and have a nice day
Dhananjay

---------- FOLLOW-UP ----------

QUESTION: Thanks again Dhan,

I really appreciate it. It clears my mind now.

With God's grace, i'll do as what you had advised. Honest.

One more thing, from where are you and what ashram do you belong?

Also, can you share share some articles or any writings written by enlightened gurus that tackles about this inherent aspects of Tantric sexuality..

thanks.

Answer
Hello there :-)

It's heartening to be of small service as regards to helping aspirants find the right path. Total surrender to god asking him to help us achieve perfect celibacy is the best means of reaching rapid growth.

I am an Indian Hindu, born and brought up here in India and do not belong to any ashram. I do not practice the tantric method, but you may find the post titled 'Books on celibacy' in past answers interesting

God bless and have a nice day
Dhananjay

Question
Hello Sir,

I am trying to practise celibacy. But after practising for 2 weeks or so, I feel a tremendous increase in my energy level, and the fear of falling down/giving in to porn and masturbation starts. I feel specially vulnerable at night, when I am alone with my computer. Does this mean that I am not sublimating enough? How many hours of intellectual and spiritual work do you recommend per day to maintain extended periods of unbroken celibacy? After what period does this become effortless/easier?

Thank you,
Amit

Answer
Hello Amit,

Hope this finds you keeping well. Coming to the answers,

It is good that you are now able to maintain up to two weeks of celibacy as compared to the few days that you used to earlier. The duration of Brahmacharya that one can effortlessly maintain will increase gradually as the negative karma present in the causal body due to past sinful activity goes on getting gradually washed out by the constant efforts the celibate applies in achieving Brahmacharya. Some people are able to succeed with longer periods of celibacy right from the start because their past sexual karma is minimal. Again some others may require a few months or a year of practice to reach the state of unbroken celibacy. What is important is to strive consistently and tirelessly, immaterial of success or failure towards achieving longer and longer periods and finally life long Brahmacharya. This can only be achieved by purity in thought, word and deed and with adequate physical, intellectual activity and spiritual God-meditation/prayer asking God to help us reach absolute purity and continence. It is the urge and desire within to establish oneself in absolute Brahmacharya that matters the most.

As to what is meant by adequate activity at the physical, mental and spiritual planes is something that differs from person to person. Generally speaking, doing justice to one's dharma with honesty and commitment which would be academic studies for a student or work related brain work carried out with dedication for a working professional will most often suffice as adequate mental work for the Brahmachari. When we put in our heart and soul into the work we do, we automatically succeed in giving the required intellectual workout for our mind and brain. The right attitude while indulging in any action is to offer it as a token of service to God. This way we do not try to do anything for ourselves but post our work as service to God for the opportunity he has provided us with to evolve ourselves. This entire experience called life with its various activities is a part of the divine God-drama designed to make man evolve and finally realize his onenes s with the creator.

Develop a positive attitude towards life and remind yourself of the fact that your default nature by itself is purity. We are not the body, mind, intellect, ego or consciousness. We are the soul and the default nature of the soul is purity, divinity, knowledge and infinite bliss. It is our long association with sin, ignorance and delusion that has woven a cocoon around us (soul) that has made us forget our default, inherent and absolute nature of bliss, purity and divinity. When ever sexual thoughts or urges try to invade, let us remind ourselves of the fact that we, the soul have no gender, form, body or any other limitation. That we are bliss infinite by ourselves and beyond limitations of the body, mind and intellect. How does it make sense to associate the concept of finite sex as pleasure for something that is subtler than space, imperishable, infinite and formless? This fact when constantly pondered upon will gradually make us indifferent to sense stimuli and anchor us more firmly in our inherent nature of soul bliss.

If being alone at the computer at nights is tending you to watch porn, install a

net filter/web-protection system. Limit use of the computer to constructive activity and immediately get up and shut the system once work is done with. Do not dribble aimlessly on the net. The mind which has become accustomed to porn as a getaway will tempt, trick and lure a person back into sin the moment it is free from constructive work. The internet should be used productively to enhance one's knowledge and as an efficient medium of communication and not as a haven to roam and carelessly hang around.

Those who want to establish real Brhamacharya should develop the habit of retiring to bed early and waking up much before sunrise at 'Brahmi muhurtham'. Rethas (semen) will not stay beyond a limit in the man who is still in bed in a state of Nidraa (sleep) even after the Sun has risen. The Sun represents the source of all vital energy that is responsible for life in our solar system. Correspondingly, Rethas (semen) represents the net sum of all prana (vital energy) within man. So it follows that when man rises early before sunrise and performs Asana/physical exercise and Dhyana (God-meditation) while it's still dark, Rethas (semen) will abound in plenty within him and gets converted to Ojas (divine luster) leading to a powerful intellect, memory, intuition, prosperity and success in all walks of life.

Gradually increase your period of celibacy from 15 days to 20 days, then to 25 days and so on. Once three months of unbroken celibacy without a single slip is achieved, the going gets a little bit easier as regards to the reduction in urge for semen loss. Once a year of unbroken celibacy is achieved the going becomes even more natural. Those who have achieved a year of unbroken Brahmacharya with constant God-meditation have a high chance of leading the celibate mode of life for the years to come provided God wills it.

God bless and have a nice day :-)
Dhananjay

Question
Hello Ian,

I have been trying to establish a considerable period of celibacy for the past 6 months but have not been able to do so. I find it to be a big struggle. Is this part of the process or am I cheating myself going against my nature and tendencies, I would like to think not but please let me know ur thoughts.

Also, I find myself very vulnerable between 5 AM and 5PM I am more concentrated and in control between 5pm and 5am. I am thinking it may have some element of the stress associated with facing the day. Is it something u can relate to from your own experiences or others experiences. If yes, are there ways to manage it?

I am in sense happy that compared to the time before 6 months I am atleast conscious of my un useful impulses and tendencies and cultivated this want to be celibate but not sure if it is possible. some sense of doubt has creeped into my system.

You have been a great source of inspiration for me along with few others. I value your input a lot.

Thank you,
Srikanth

Answer
Hello Srikanth! Thanks for your questions.

Q: The first six months of establishing celibacy is difficult. Does this mean celibacy is contrary to my true nature?

A: No, it means that sexual sin is addictive and that it has taken you far away from your true nature. Your true nature is yet to be (re)discovered! Making it through six months without a slip is certainly a great feat reserved for a very select number of practitioners. It is half way through the battlefield. If a practitioner can make it past nine months, most levels of the addiction will be defeated. After a year, then two years, a striving celibate will experience yet deeper levels of spiritual freedom and joy.

Q: I find that temptation in the astral plane is easier to control than in the waking state. What does this mean?

A: This is an interesting predicament, because usually it goes the other way around. But in any case it is highly recommended to make a checklist of spiritual progress (www.mrtao.com/spirita_taglibro.htm). Only check off the things you are working on, and do not take more than two or three minutes per day to fill them out. Also throughout the first year of celibacy a journal is highly recommended. What did you do today? Are you proud of that? Did you honor your plans? What will you do tomorrow? Keep an eye on yourself and make sure that you are busy, busy, busy. What you are doing in this process is filling up your time with constructive activities and learning to make those activities your new, positive habits.

Q: Is celibacy possible?

A: Most certainly yes. We at the Brotherhood are all doing it, as well as many thousands of others. This group throughout the world and especially in the spirit word are what Swami Sivananda called "the free electrons". We have not collided with our opposite particle (the female) to become a neutron (neutralized men, commoners living as society people). We are the free electrons and we can even decide the valence of society. It is a powerful possibility to consider. It seems impossible from the angle of the non-celibate, because lust changes every facet of the mind and spirit. Being a non-celibate is galaxies away from being a celibate. That is to say, there is a gulf of understanding between these two kinds of people. You may be having a hard time understanding that celibacy is possible because you have not yet totally organized your thoughts as one or seen the world completely through the eyes of purity.

But you've had a very good taste of it. It is a noble, powerful feeling - is it not? Why not continue this amazing path? We are all here in our prayers for you, and you'll never be alone.

God bless you always

Ian Clark
Brotherhood of the Sacred Word

Question
Hi Dhananjay,

Thanks for the answer to my previous post on ejaculatory
control. Great answer!

Can I ask you another question? In your answer to my
previous question, you said that results such as the 'Buddhi
Naadi' appear only after having become a complete
'Urdhvaretha' for 12 years.

Let's say that a person does this (i.e. he/she stays in a
state of true unbroken celibacy for 12 years) and 'Buddhi

Naadi' appears as a result. Now the Urdhvaretha decides to marry (if he/she is not married already) and have a child with his/her spouse.

Does the person lose his/her 'Buddhi Naadi' after having procreative intercourse with the partner? And if the loss does occur will the person have to go through 12 years of true and unbroken celibacy to get it back again?

Hope that makes sense!

Answer
Hello Emmanuel,

Trust this finds you keeping fine. Lets come to the query,

Q: What is the correlation between appearance of the 'Buddhi Naadi' and procreative intercourse?
A: Since the objective of the sexual act is progeny and progeny only, a celibate wishing to have offspring from his legally wedded wife is allowed to indulge in the act once per wanted child.

Immaterial of whether the act is procreative or recreative, even a single instance of loss of semen will go against the purpose of staying celibate for a minimum period of 12 years and thereby acquiring the desired benefits.

Keeping the above reality in mind, celibates wishing to marry are advised to get done with their parenting objectives further to marriage and then take up the objective of life long celibacy. If a Brahmachari leads a virtuous life of unbroken celibacy before marriage, fathers a child after marriage and then continues with his practice of Brahmacharya, he will be fully poised to to take up the noble and magnanimous objective of life long celibacy. In addition to this, the child born to a celibate of such purity and virtue will most often be a great and noble soul with immense talent and lofty qualities. By the practice of true celibacy, the Brahmachari succeeds in attracting more and more of the universal consciousness which is all around him unto himself. A child is nothing but an extension of the father. It is the divine continuation of the legacy of the parents. It is the means by which the divine cosmic dream of god manifests and results in the continuation of the species. For this reason, the sexual act within the bounds of marriage, if carried out with the sole intention of begetting a child is considered a divine act of virtue.

Once a celibate practices 12 years of absolute celibacy and develops the 'Buddhi Naadi' among the numerous other powers and benefits, he will no longer be interested in sexuality as a means or recreation. Such celibacy ensures that he is almost or fully freed from the delusion that he once was a victim of. If such a person were to marry and beget offspring, he would not be deprived of his new found spiritual status as long as the intention of the activity was procreation. The very purpose of the sexual act is procreation. Using it lawfully and rightfully for the above said purpose would not constitute sin. But for the benefits of 12 year celibacy to start trickling, there cannot be even a single break, either procreational or recreational. For this reason, those wanting a family and yet embarking upon a 12 year period of Brahmacharya do so after fathering a child. This doesn't in anyway mean that a person can lead a sensuous, lustful life till he gets done with marriage and parenthood. Celibacy is a mode of life that is to be practiced at all times with purity in thought, word and deed both before marriage and after marriage. It is the power of celibacy before marriage that produces virtuous offspring after marriage and gives man the strength and inclination to take up unbroken, life long celibacy after parenting a child. There are also instances in history of great souls who have got done with their 12 year celibacy

even before marriage from their teens onto their early twenties, but they are few and far in between.

So the answer to the query would be that the celibate would not in any way loose the benefits he accrues further to 12 years of celibacy if he had to marry after those 12 years and beget progeny. But till he reaches his target, there is to be absolutely no expenditure of his vital essence if the complete powers and self-realization that follows are his objectives

God bless and have a nice day :-)
Dhananjay

Question
Namaste,Thank you very much for all your answers you have given people. I have been reading them and have learned so much.

My first question is does losing your semen from masturbation lose your talent in a particular area. I have been a pretty serious musician for 10 years. And I have been masturbating for probably 12 years now. I was just wondering if I have lost a bunch of talent from that and would i be able to get it back from being celibate. I have been celeibate for about 9 days now and have noticed a difference in my music ability. I hope i haven't lost a bunch of talent.

Also another question I have is a health issue i have. I have a kidney condition which has been caused by auto immune. I discovered i had it when i was 14 years old and now i am 24 years old. Do you think masturbation caused that? and do you think that celibacy will cure it?
thankyou very much.

Answer
Hello Matthew,

Good to see your have started the practice of Brahmacharya. Coming to the answers,

'Rethas' or semen is the penultimate representation of one's life energy at the gross level. It is the physical representation of the net sum of all life energy or 'Prana' within. All achievements, accomplishments and success that man attains are fueled by his 'Prana' or life energy at the gross level. So it follows that wastage of semen results in loss of Prana and loss of Prana results in one losing a very part of his 'self' or Atman. It is for this reason that man feels lifeless and drained further to loss of semen.

Masturbation is an unnatural act of perversion that causes much degeneration and decay further to the loss of semen through artificial means. While the act of sex for recreation is by itself a deviation from healthy and spiritual living - that takes one to the greatest level of accomplishment in both the materialistic and spiritual domains, by masturbation, man is taking another step forward in the wrong concept of recreational sexuality and putting himself in peril. It is an activity that is to be shunned at all costs and refraining from masturbation will immediately make a man more healthy, successful and energetic by leaps and bounds.

As the saying goes - "Better late than never". Our past is gone and beyond our control. It is the present and future over which we have some say. Worry not about mistakes made in the past and instead focus your energies into a life of honest and sincere Brahmacharya in thought, word and deed and in a few years, you will see the remarkable benefits and improvements a life of true Brahmacharya bestows. It is Brahmacharya and not any other mode of life which can bring out the hidden powers and talents within man, be it in the material or spiritual planes. P

racticing honest Brahmacharya with efficient transmutation will beyond doubt hel p you perform better as a musician of a different caliber altogether.

Coming to the auto immune kidney condition, since you say it started at the age of fourteen, there is little chance of masturbation having been the cause. While masturbation by itself is not frequently associated with renal irregularities, one needs to remember that every deviation from robust health and well being occ urs further to the presence of past negative karma accrued from a wrong mode of thought/action carried out by the person that in turn leads to the induction of physical or astral impurities/toxins within the body. Man has to suffer for each and every act of wrong doing no matter how small. Brahmacharya is the best mode of life that man can offer himself if he wants to redeem himself of any kind of an irregularity or deviation from normalcy at the physical, mental, emotional a nd psychic levels. Depending on the strength of past karma that caused the condi tion, there is a very high probability that Brahmacharya can slowly but surely u ndo the condition under the grace of God. Practice an honest and sincere life of Brahmacharya with regular physical activity, constructive work and God-meditati on asking God to redeem you of all troubles. A few years of honest efforts will without doubt yield positive results and improve your life on all fronts.

God bless and have a nice day :-)
Dhananjay

Question
Hello Ian. Awesome Work! How long does it take for the mind to be fully develope d, as far as how long must one be chaste to have a powerful mind!

Answer
Hello Carr, and thanks for your question! I've reworded it and answered it below .

Q. How many years of chastity does it take to realize the full potential of the mind?

A. First of all, we distinguish between the mind and the soul. The mind is yet a nother covering on the soul, and so we want to exceed the mind's limits to the s oul beneath.

Questions concerning development are always difficult - for example, when should a child begin to talk? Or when should someone be able to rotate 3D objects in t heir mind? As Augustine once mentioned, the fastest plants in the garden are the weeds. Developing fast or slow is not necessarily of any root importance. But a t the same time it's very natural that someone taking a journey would like to kn ow when they will arrive at their destination.

We've made many timetables in several previous answers. We would say three month s of chastity is already halfway across the battlefield. The first time past one year is yet more significant - he can now begin to help others with chastity an d struggle with it less on his own. Two years (at least for me personally) was t he mark when I felt I was truly past lust, to the point that on many levels I ha d started to forget what certain unspeakable acts were like (like a vegetarian f orgets what meat tastes like). In my fourth year I've been working more on fasti ng and other austerities. At the beginning of these, I started to discover certa in powers of the soul, and I've begun to expand my consciousness of what is poss ible.

Actually most people think celibacy is impossible, which is why Swami Sivananda wrote the article "Is Celibacy Possible?" for the Divine Life Society. I've met people who think celibacy will cause a man to explode (!). Most people think eve n vegetarianism is impossible - "How will you get your protein?". And we can eve

n go further. Do we need to eat every day? (This question is already way beyond the food pyramid and other nutrition propaganda). I eat two vegetarian meals per day and fast often. Another brother of ours eats only one meal per day, and he's also an avid faster. There are people who can even fast on pure water only for more than a month. Try talking to *them* about "getting protein", "your five servings of vegetables and fruit" or "at least eight glasses of water per day". They'd laugh at you. So these practitioners have already vastly expanded what they believe is possible.

This is the only way I can come to interpret your question. It seems to be asking when we will either realize our true selves (Atman) or when we will reach enlightenment. The truth is, this process is never realized, never finished. Enlightenment comes in various "aha's" over the years of your practice. You'll climb from one level to the next suddenly, or one day suddenly realize your on another level (because you made it there so gradually).

In conclusion, just expect that you'll be mostly there after two years, and that the rest will be a never-ending journey of discovering new powers and insights.

I hope this hopes!

Ian Clark
Brotherhood of the Sacred Word

Question
QUESTION: sir, It really inspiring that you are showing a path of encouragement to those who are fighting with tooth & nail
to refrain themselves from sexual thought & activities.
sir my question is that after having a self control I tend to loose my semnatic fluid within a month which really break my confidence . so sir how can I came out of those frustration?

ANSWER: Hello there,

Hope you are doing good. Thanks for the query, let me try and answer.

Q: What is the way out for a celibate from wet dreams?
A: Wet dreams are a result of hidden and suppressed sexual currents from within which find a way out during the dream state. They are also the result of strong sexual karma etched into the causal body or the 'Karana sharira' - The repository of our past actions. Overcoming this problem will require very honest efforts, determination and a strong, nonfluctuating desire to be free from the grip of sexuality. Most importantly, unswerving devotion and love for god with constant prayers to redeem us from the illusion of 'Maya' is important.

At the physical level a celibate must indulge in yogasana/ physical exercise on a daily basis without fail to support transmutation of the vital essence. At the mental level, one must keep one's thoughts pure and free from anger, passion and excitement. It is also required that one sets aside some time of the day to meditate upon god (without asking for any materialistic wants) with an intention of gratitude, love and devotion.

With constant efforts based on honesty, sincerity and determination, success will slowly come and wet dreams become less and less frequent and finally disappear. This will aid the celibate in making concrete progress towards becoming a total 'Urdhvaretha' yogi.

Trust this helps
God bless and have a nice day :-)
Dhananjay

---------- FOLLOW-UP ----------

QUESTION: Sir thank you for your answer.Hope this would work.
Sir my one question is there a huge loss during wet dream
for one maintaining sexual abstinence?.Hope you wont mind for this .

Answer
Hello there,

I presume you mean to ask if there is much loss of vital essence in a wet dream. The quantity of loss depends on numerous factors such as intensity of the sexual currents from within, period of abstinence and certain physiological factors. Ordinarily in a true celibate, wet dreams are rare and do not involve much loss.

Trust this helps
God bless and have a nice day
Dhananjay :-)

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God bless and have a nice day :-)
Dhananjay

Question
QUESTION: Hi Dhananjay , I am a dedicated practioner of Taekwondo and I am looking to boost my performance physically mentally and spiritually in this art form

and life in general. I have practiced brahmacharya in the past up to 4 months la st year. And the power and confidence on every level seemed to improve. But then I lost it all due to heavy loss of the seed.

So I know without doubt that brahmacharya is useful Even though every forum will tell you its ok to lose your seed before a fight it won't affect you but it doe s. You would have to be a fool to not notice the difference why do they say such things?

This memory of the power is haunting me and I feel I need to accomplish somethin g great in my life.

I have studied alot about chi energy, prana etc it seems to be all interconnecte d. I have great interest in self development. And also practice meditation occas ionly. So my main question is what can I expect in the periods of say 6months to 1year and beyond. With strict adherence to the principles of Brahmacharya and m editation. Will my performance and strengh continue to grow? And is it true that one can gain paranormal abilties through such strict discipline? I am 21 years old
Matthew

ANSWER: Hello Matthew,

Nice to hear from you. Coming to your queries,

Q1: Why is there much media hype stating sex/loss of semen is good for health?
A: The subject of 'Sex' has been made into a tool by all forms of media from ads , movies, newspapers, magazines, journals and even the field of medicine to mark et things on a wide spread scale. The rationale behind this is very simple – Sex sells. Applying the concept of sexuality right from educational ads to HR pract ices ensures that the advertiser is guaranteed attention and a possible interest in the product from the public. This is the result of growth of perverse cultur e in the society around us. More and more indulgence in recreational sexuality m akes man stoop to lower and grosser levels and finally drowns him in the cesspit of lust and ignorance which leads to ill health, insanity, violence and sheer s orrow. The smart man wishing health, happiness, peace, prosperity and spiritual bliss turns a blind eye to these 'tricks' employed by the people/media and focus es his energies into conservation of the seed that bestows him with unimaginable strength, power, ability and God-bliss. It would do well for the martial artist or fighter to remember the Heavy weight boxer Mohammed Ali's words – " The man who loses semen before a fight has already lost the fight while losing the fluid ". One can logically imagine the power and superlative abilities that can be gai ned if semen is never ever lost and is instead transmuted into 'Ojas'. There is nothing beyond the reach of such a man. But this great power can be mastered onl y after a minimum of 12 years of unbroken celibacy. Words fail to describe the w onders of even short periods of seminal transmutation.

Q2: What can the Brahmachari expect from a year of unbroken Brahmacharya?
A: A year of unbroken Brahmacharya ensures that purification starts at the physi cal and mental levels giving the person greater energy, indefatigableness, peren nial freshness, a glowing face, excellent health, power and freedom from most ch ronic health problems at the physical level. At the mental level, one develops b etter memory, keen understanding, ability to grasp concepts quickly, a calmer an d peaceful mental state and most importantly a general sense of happiness and sa vor at life. The aspirant becomes less prone to irritation, agitation and weakne ss due to the abundance of 'Prana' or vital energy within his system that is bei ng conserved. This provides him with a foundation to excel in whatever form of a ctivity he wishes to endeavor upon.

There is one very important thing that anyone who is interested in celibacy should know - Mere abstinence from sex/masturbation/contact with the opposite sex does not amount to Brahmacharya and will not give concrete results. What is more important is to channelize the conserved fluid into the brain and create 'Ojas'. This is possible through a life of pure thought, word and deed at the mental plane, regular physical exercise at the physical plane and constant God meditation at the causal plane. All these three are important. Lack of any one of the three makes the fluid flow out. Brahmacharya bears fruit only when carried out with entirety at the mental level. This mental Brahmacharya which means non-entertainment of any form of sexually related thoughts including anger, attachment, greed, arrogance and jealousy is the key for success. Due to constant indulgence in sexual thought/activity it becomes second nature for semen to flow downward. In reality the natural course of semen is to flow upward. This is how it functions in an Urdhvaretha yogi. He makes it flow downward and outward only when he wants offspring. All other times, by default, the fluid flows up to the body/brain and provides him with superb abilities in all domains. All of us can become Urdhvaretha Yogis. What is required is an iron will, determination and desire to conserve the most important part of ourselves. To retain, conserve, transmute and derive benefit from the nectar of nectars, the essences of essences - The vital fluid called semen.

'Praanayaama' or the control of 'Prana' through special breathing techniques is a very important tool in achieving unbroken Brahmacharya. This concept is well recognized even among the Japanese and the Chinese martial artists who indulge in special forms of breathing and meditation before a fight to clear the mind of undulations, focus energies for the fight and bring themselves into a calm and serene yet highly alert state of focus before the fight begins. Being a martial artist, you might well know that the logical, clever, calm, composed, confident and cool fighter wins the bout and not one who is angry, irritated, anxious and hasty. All the above mentioned qualities that make a winner can be accrued only from abundance of 'Prana' or 'Chi'- the vital power and this vital power stems from none other than the vital life giving seed present in semen. The true Brahmachari can thus excel in any form of activity further to efficient practice and can have an edge which the non-Brahmachari heavily lacks. From scriptural references and from the lives of people who have followed such unbroken Brahmacharya beyond 12 years, we get to see that they developed powers and abilities that would be classified 'superhuman' in the eyes of the common man.

At the personal level and to start with, you can carry out a simple experiment:- " Be celibate for a period of 15 days abhorring from all forms of sex/masturbation/sexual stimulation/arousal keeping the mind pure and relaxed, yet focussed on martial arts with a 15 minute prayer/meditation to God every day to help you achieve spectacular success". When you meditate, ensure that it is either very early in the morning or at 6.00 P.M in the evening in a dark or dimly lit room free from sounds, sights and distractions.

We shall carry forward this discussion based on your report after a fortnight :-)

Kindly go through all the past answers on this portal to widen you awareness on the different aspects of Brahmacharya.

God bless and have a nice day
Dhananjay

---------- FOLLOW-UP ----------

QUESTION: Dhananjay, Thank you for your quick and very informative answer. I have been through all of the previous posts and am up to speed. I am already 11 day

s in and I feel the power starting to return it feels great. If there is anythin g positve that have come out of my previous falls is that I know exactly what ca uses the descent and have listed them down and thoroughly examined them.

Though there is one thing that happened during my 4 months of brahmacharya that I will need you advice on. Towards the 3 month period my strength and endurance shot through the roof and it was observed by my friends at the gym and at the do jo. The first week was fine they didnt seem to mind but it was consistant after a few weeks of this I was approached by them and they asked me are you on perfor mance enhancing drugs or steroids. I could not believe what I was hearing. This infuriated me. No it couldn't be that his hard training, dedication and strict d iscipline caused this to happen, it had to be drugs.

At this point I felt my power peaking to a level I had never experienced before. I got the expression people were intimidated by me and would try to react agres sively to me. Most likely it was the anger I was emanating due to the comments m ade earlier. How do I control this anger when people directly dismiss my hard ea rned work?

The following week after I was at a party alcohol was involved and I lost my see d then it was down down from there back to my former self. Lost everything I had worked so hard for over the 4 months. It seemed I was put back in the system so to speak and everyone treated me normally again.

But now I have renewed will and not only do I intend to gain the power I had bef ore but to surpass it and to truly see what I am capable of.

Matthew

Answer
Hello Matthew,

Hope this finds you doing fine. Coming to your query,

Q: How should the Brahmachari deal with people and the success he achieves?
A: The power and ability that the Brahmachari starts to develop are in reality t he power of God that has started shining through him. The vital seed in man is t he direct representation of the God-power in nature. When the Brahmachari thus c onserves and transmutes his seed into success and accomplishment, he is really o nly the medium through whom God is functioning. He is like the chisel through wh om the master sculptor-God is working. He is like the brush held in the hands of the skillful painter. Just as the chisel or the painting brush by themselves ca nnot sculpt or paint but need the hand of the sculptor/painter, all of man's acc omplishments and achievements are fueled and driven by God and God alone. Once w e realize ourselves to be the mediums/tools in the hands of God, there will no l onger be any excitement/elation - depression/anger at the apparent success'es an d failures of life. We start coming closer and closer to our true selves (The At man or the soul) and thereby begin to experience true bliss which is permanent, lasting and infinite unlike the pleasure gained from sense objects that is imper manent and temporary.

Let people say what they want. Let them comment or not comment on what they perc eive us to be. Can a block of ice become hot just because someone says so? Does the crow become white just because someone says so? What is there is there... Th e reality of an object is its reality and does not change because I say it has c hanged. Similarly let us not be disturbed by the opinions/attitude of people reg arding our strengths and weaknesses. Instead, let us focus on our efforts.

May you make rapid strides in the path of Brahmacharya and attain bliss of the A tman.

God bless and have a nice day:-)
Dhananjay

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God bless and have a nice day
Dhananjay

Question
Hi I'm 19 years old and am a male. So, I haven't had sex or masturbated for 2 years now just because I guess I'd rather not materbate, I feel that if I wanted to ejaculate I would want it to be with another person and not myself, it has nothing to do with shyness or anything like that I have no problem with any of that - I just don't masturbate, but anyways that's somewhat irrelevant. My question is, can this be unhealthy for my penis or health in any way to not ejaculate here and there?

Answer
Hello Josh,

Good to read your letter. Coming to your query,

Q: What is the effect of abstaining from masturbation?
A: Masturbation is an act of perversion and deviation from normal, healthy livin g habits. It is an activity that produces negative vibrations and karma all arou nd oneself further to gross wastage and squandering of the nectar like life esse nce in man. From the physical, mental, psychic and spiritual point of view it is an activity utterly harmful.

You are in your teens; the point of time when the reserves and production of the vital seed in man is abundant and perennial. If celibacy in thought, word and d eed is carried out from this stage in life by the conservation and efficient tra nsmutation of semen, man can achieve fantastic results in both the materialistic and spiritual domains within a short span of time.

So contrary to being unhealthy, avoiding the act of masturbation will provide yo u with enormous and unexplainable benefits in every field of life. The important thing is to ensure that you keep yourself busy with regular physical exercise, mental work, spiritual activity such as meditation to transmute the conserved se men into 'Ojas' or divine subtle essence which the acts as the prime mover for s uperlative achievement. To achieve sustained transmutation through Brahmacharya will require staying away from sexual thoughts and actions and focusing the cons erved energy on productive work.

Kindly go through all the past answers on this portal to get detailed knowledge on the benefits of staying celibate through transmutation

God bless and have a nice day :-)
Dhananjay

Question
I am trying to perfect my retentive memory. I forgot what someone said at my wor kplace about a film, and even though I am practising brahmacharya I have not rea ched that stage of perfect retentive memory- can you help me if I gave as much d etails as possible? I remember what someone else asked him but then I forgot the name nof the film a few hours later.

Answer
Hello Sanjay,

Hope you are keeping fine. I assume your question here is regarding the benefits of Brahmacharya as regards memory development.

Memory building is a process that takes time. Brahmacharya, which helps in the b uild up and transmutation of semen into Ojas is one of the most effective ways o

f increasing one's memory quotient as semen can be called a derivative of the ce rebro-spinal fluid and its conservation/transmutation alternately increase this fluid resulting in better growth and fine tuning of faculties of the brain. Twel ve years of unbroken celibacy have been vouched for both by the scriptures and a lso people who have reached that state to help in the formation of the 'Buddhi N aadi', a special astral channel in the brain that promotes photographic memory a nd abilities of superior recall.

With honest and true Brahmacharya, one will start improving as regards to his po wer of recall with every passing year.

God bless and have a nice day :-)
Dhananjay

Question
Hello Ian,

I have a three-part question. First, do you believe that sexual incontinence causes mental diseases of all kinds, perhaps even over lifetimes? And do you consider sexual abnormalities such as homosexuality and pedophilia to be mental diseases, and if so, could Brahmacharya cure such conditions? Thank you so much for your time!

Blessings,
Frank

Answer
Hello Frank! Great to get your questions.

Q: Do you believe that sexual incontinence causes mental diseases of all kinds, perhaps even over lifetimes?
A: We believe that sexual incontinence causes serious mental damage with the ins tance of each sin, and that continued sexual incontinence causes chronic disease s (like IBS, eye problems, tinnitus - anything connected to the nervous system). Also interesting is the effects on the outer world. For example, aren't all the oil spills a sort of symbolic manifestation of the incontinence of fluids?

Q: Do you consider sexual abnormalities such as homosexuality and pedophilia to be mental diseases, and if so, could Brahmacharya cure such conditions?
A: The physical communion of a man and woman only has one natural purpose - proc reation. So actually we'd say that anything outside of that is recreational. The re are only two kinds of sex, therefore, procreational and recreational.

I remember a man getting upset with us for saying that. He said, "I have a wife and we use condoms and sex is an important facet of our spiritual life." But you see, he's jumping on this woman, starting the procreational process, but using a stinky rubber bag around himself, fooling his mind and his physical body, to g et an orgasm on someone that is barren and will not produce a child for him. It' s still recreational. I wonder why these people don't start smoking pot together , or doing some other kind of spiritually destructive activity. I suppose this m an doesn't realize how often he argues with is "wife," and how much of that come s from the bizarre mental states that recreational sex induces. But because of t he addiction, his mind comes up with all kinds of trick arguments to convince hi mself that what he is doing is right. The addiction also hides the intense pain that the prostate is feeling - the pain gets drowned out by the dopamine.

And what is the difference between doing this on a barren woman and doing it on a plastic woman doll? or a pig? or a man? The reason heterosexual men like the m an above get so upset with gay men is that gay men seem to be making a mockery o f them. The gay man says, "You do whatever floats your boat, and so do I. Women

don't turn me on." It's like people watching monkeys in the zoo, getting parodied. And heterosexual sinners often get very angry at how homosexual sinners parody them. They're only angry because it's true - that all non-procreational genital relations are recreational. Once someone says, "I'm not doing this for having a baby - in fact, I seriously don't want a baby." That's when all perversion starts. The man with the stinky rubber over his precious procreative power is insulting himself and all manhood just as much as a man who sticks it in the place of defecation. It's all an insult to God, all an insult to manhood.

Brahmacharya cures all of these perversions by keeping our creative essence stored up and clean. The pure life inspires men to do great things and greatly pleases God. Meditation makes sure that this propitious state of events has staying power.

Hope this helps!

May God's healing light always shine within you.

-Ian Clark
Brotherhood of the Sacred Word

Question
Hello Dhananjay,
I really appreciate your knowledge and sincerity in understanding about the subject and sharing that with others...
Coming to my question: How do we maintain our purity(and tranquility) of mind in the current times, where we may even have to mix with lot of people in the course of doing our duties,job, education, business trips, etc..
Also does eating out create any hindrance to this celibacy practice in any way?
Can you share any personal experiences or tips that you feel will help us?

Answer
Hello Chandra,

Trust you are keeping fine. Thanks for the queries. Let me try and put forward the answers.

Q1: How does a Brahmachari maintain his state of purity in the midst of the illusory world high on Maya?
A: There is a saying in the Bhagavad-Gita by Lord Krishna addressing this issue:

" The Yogi must live in the world, yet be out of it; He should be like the leaves of a lotus which though surrounded by water and sludge, never get wet or soiled."

What does this mean? It means that the Yogi develops the ability to let the sense perceptions pass through him but does not respond/react to them further to having firmly anchored himself in the fact that the beauty and attraction perceived by his senses are all false, unreal and temporary and that God alone is eternally and incomprehensibly beautiful

In a gathering of people, say at the work place, there are different kinds of people with different attitudes and natures. A very large majority of these people constitute those who are rather strongly attached to sense pleasures and related activities. It is now the task of the Yogi to be in their midst while working, yet be unaffected and unruffled by the energies, vibrations, words and deeds put forth by them. To achieve this, the Brahmachari keeps the yardstick of reality and purity in his mind and discounts the words & actions of people as those occurring in a dream.

Can we suffer from a lengthy bout of depression lasting many days further to watching a very tragic and painful scene in a movie? No. This doesn't happen as we are in confirmation of the fact that the suffering and pain that are being shown on screen are just a moving set of images due to the effect of light. As soon as the cinema projector is turned off, the light stops getting projected and the screen turns blank.

Does an actor who gets shot in a movie really die due to the bullet? Or can he die through the shock of having been shot at? No. Actors attend to the scenes in the movie taking it as their job. As soon as the scene is captured and done with, both the hero and the anti-hero sit together behind the camera and chat amicably over a cup of coffee. They are able to do this as their involvement in the scene was at a superficial level in terms of gross reality. They mimicked the expressions of anger and hatred and put forward a show of killing each other. Once their part was played, they got back to normalcy and savored the coffee!

The Scriptures teach us that man's attitude and perspective towards life should be the same as that of the dreamer, cinema viewer or the actor. Neither gets affected as things are taken on a lighter vein and without the element of seriousness. The scriptures say that man is himself an actor in this divine cosmic drama called life - produced, directed and managed by the Almighty Lord.

The Yogi Brahmachari who is in the process of purifying himself has a very great task on hand. He is in the quest of remodeling himself at the very innate levels through major changes in his ways of thinking and action. The first qualities he needs to develop if he wants to succeed in this mighty task is to learn to be unaffected and untouched by what people say or don't say! Let people say what they wish; they too have the right of expression. Like the actor in the movie who listens to the director and accordingly performs, the job of the Yogi is to perform the duty entrusted to him and be unscathed by the reactions of those around him. Just as we take to the ramblings and mischief of a child with a smile and do not get angry or irate at the child, the Yogi similarly gives a wide margin to the eccentricities of people around him, all the time being in rock steady conviction and confirmation of his ideals and objectives. In the beginning this may appear a bit hard and one may find himself a source of ridicule. But with constant perseverance, patience and commitment, people will soon realize that it is only fair to let the celibate have his way when he himself has been non-judgmental, non-interfering and temperate as regards to their mode of thinking.

We as Brahmachari's should be serious as regards to our ideals, aims, objectives and goals and turn a blind eye and ear to what people have to say or don't say! While people might initially frown upon a celibate on coming across his do's and don'ts, everyone eventually has to respect a man who is polite, considerate and yet firm as regards to the conviction he has on his ideals. Practice and determination will gradually establish one in this line of action.

Q2: Does eating outside one's home affect Brahmacharya?
A: How does the food lovingly cooked by one's mother taste? How does it feel to sit at a table and be affectionately served by one's mother? The experience cannot be equaled in any other manner. Why is this? What is the governing factor behind the taste, hygiene and wholeness behind food cooked at home? The answer would be that the very energies, intentions and vibrations of the true love and affection that a mother/wife feels for her child/family get transferred to the food as an important ingredient! The best cuisine available at a very elite restaurant does not have this ingredient.

If a lady of the house cooks food with the loving and very genuine intention of welfare of her people, a part of her 'Praana' or vital energy flows out of her and enters the food that she cooks. Just as we can sense if a person has feelings of love or hatred towards us through the vibrations and attitude given out by a

person even without verbal communication, 'Praana' can transfer from person to person and from the cook to the food. Food cooked at a restaurant by a commercial chef is prepared with a business like attitude devoid of emotions. It might be polluted with negative energy based on the nature of the person who prepared it. Eating such food 'contaminated' by negative energy most often leads to illness. Besides, food prepared at commercial outlets is high on additives/essences/colors and other chemicals which invariably cause deterioration of health. For the Brahmachari, flushing out of toxins within his body and ensuring 'new' toxins via these additives do not re-enter his body is of much importance. Keeping all these factors in mind, it would be best to avoid outside food to the best extent possible and commit oneself to food prepared at home.

God bless and have a nice day :-)
Dhananjay

Question
Hi,

I'm 22 have been meditating for 4 years now and have been practicing brahmachary a over the past year and i'm very impressed with the results. I can attest here the benefits of brahmachrya are amazing in all spheres of life. It enhances meditation, mental clarity and provides me with incredible strength and endurance at the gym.
I have recently taken up another technique called Mula bandha. This technique seems to provide even more vitality. I use this in conjunction with pranayama breathing techniques. It seems if I practice Mula Bandha alot during the day. It stops all lustful thoughts and sexual desire. Does this technique move all of the sexual energy up into higher chakras hence the vitality boost?
What can I expect in the long run after using this technique?
during my meditation I focus on certain chakra points I perform the mula bandha before and after the meditation. I meditate 3 times a day.

Michael

Answer

Hello Michael :-)

It s very heartening to know your activities at the spiritual realm & Brahmacharya. Though difficult at the start, a life of celibacy gradually takes one into the kingdom of eternal bliss.

Let me summarize your queries point wise:

1. Will continuous practice of Mula Bandha through the day help curb sexual thoughts and move all sexual energy into higher chakras?

A: Mula Bandha or the technique of withdrawing energy from Muladhaara chakra into higher chakras is an effective tool for the aspiring Brahmachari in the transmutation process. However, all yogic activities such as Asana, Bandha, Kriya, and Pranayama should be performed in an orderly coordinated manner. All these are powerful techniques with strong effects at the mental, physical and causal plane and they should be used as we make use of medicines; in the right dose and frequency. Excessive and random indulgence will not give the desired benefit, and the activity loses its effect.

Thrice a day should not pose any problem. You can spread your practice to early morning, early evening and before retiring to bed. The order in which the practice is to be carried out is as follows:
1.Asana 2. Bandha 3. Pranayama and finally Meditation.

Upon coming out of deep meditation, the yogi should not again indulge in any asa
na or Bandha for the next few hours till his next session, but should rest his t
houghts on god or perform creative activity.

A yogi is advised to perform Tri-Bandha or the three Bandha s in conjunction. They
 are: Mula Bandha, Uddiyana Bandha and Jaalandhara Bandha. These three ensure ri
se of the vital energy from the lower chakras to higher chakras. While Mula Band
ha pulls up vital energy from Muladhaara, the other tow bandhas take it higher.
This is very important in transmutation. You can also perform Shirsasana or head s
tand before meditation. This will give wonderful results.

Will it curb all sexual desires? It takes a long time, effort and divine grace f
or man s sexual desires to fully get curbed and come under control to the extent o
f lack of response when stimulated with a sexual object. However Bandha s will aid
 your journey to that phase.

2. What can you expect in the long run?
A: By subjecting oneself to yogic exercises and meditation with correct guidan
ce under a guru, the aspirant makes notable strides in his quest for self-realiz
ation, the ultimate aim of yoga (The word yoga is a derivative of the Sanskrit v
erb YUJ , which means To join . It means to join the Atman or the soul with the Parama
tman or the Almighty)

Finally a quote from the Bhagavad-Gita by the almighty lord Sri Krishna for us c
elibates: By the practice of Brahmacharya; longevity, luster, strength, valor, me
mory, wealth, undying fame, great luck, knowledge and devotion to truth increase
! Need we say more?

Trust this will help dispel your doubts and help you take great strides in Brahm
acharya Michael :-)

God bless and have a nice day :-)

Dhananjay

Question
Hello Ian,

Its nice to see you again after sometime. I have to confess my efforts in mainta
ining celibacy has been filled with lot of failures but I have not given up and
trying my best.

I would like to know if listening to slow meditative and peaceful instrumental m
usic have any effect in 1) Helping one get out of the grip of lust when caught b
y it and/or 2) Sublimating the preserved sexual energy. The reason I ask this is
 that everyone of us sometimes or may be even often feel a quiver of electricity
 pass through our body which can even felt in the space between the eye brows an
d the crown of the head. I am certainly not talking about the music with lot of
noise and words which further creates thoughts and fills our minds with unhelpfu
l fantasies and stories. Please let me. Thank you for your time!

Answer
Dear Srikanth

Yes we use meditative music all the time. We also use exciting music, too, as lo
ng as it has a positive message and helps us along. People get visions, shaktipa
t, joy, and kriyas from meditating on upbeat, sacred music. So I'm saying that s
acred music or holy music of many kinds will help you to settle down and also su

blimate your generative energy.

If you have an immoral song which is getting in your head, you can also consider changing the lyrics to holy lyrics, and simply remember the song that way. You can see a couple good examples at our new site on this page:
http://thekbh.org/lyrics.htm (We have a new brotherhood/music band that is based in China.)

Hope this helps, and God bless you always!

OM

Ian Clark
Brotherhood of the Sacred Word

Question
Hello Dhananjay, I would like to start off by saying that I have read every question and response from the beginning with an eagle eye. Your words and modern day interpretation are more valuable than gold. You have answered almost all of my questions before I had to ask them.

I was first introduced to the idea of Celibacy through Julian Lee at his celibacy.info site. Julian believes that the entire world (and the people in it) is of your own creation, from inside out. Basically "Solipsist" And as you progress in celibacy/purity your outer world illusory dream upgrades. I would like to know from your perspective if you agree with this, and if so.. how other people fit in the equation since it is your creation.

Lastly, I would like to state for beginners, a good exercise to stop the pressure in the testicles is to lock your fingers together near your solar-plexus (abdominals) as this creates a closed energy loop and you can feel the energy draw back up. Feels like chills.

Dhananjay, thank you for your time and dedication. You are providing an Oasis upon this desert physical plane.

Answer
Hello Shawn,

Good to know of your interest as regards to celibacy. Reading past answers helps broaden understanding and hence is a recommended 'do' for those interested in celibacy. Coming to your query,

Q: What could be the reality behind and the connection between the physical world, life, God and creation?
A: When we start pondering and contemplating on who we are, each and everyone of us will get a gut feeling that there is something very ancient and permanent about us at the deepest innate level. Something beyond the body, mind, intellect, consciousness and ego. It is a very subtle feeling. The degree of awareness as regards to this subtlety might differ from person to person and from being to being. But at the beginning of everything and at the end, there is this basic feeling. We generally don't pay much attention to this feeling or awareness. It's very fleeting in most of us and doesn't occur very often while we are in the normal state.

Sometimes this 'awareness' goes to the next degree and 'tells' us that we should be doing something or shouldn't do a particular thing, then again this direction that is given out is itself very subtle and faint in most of us. But it is there, it is very definitely there. There have been times when we meet a person who appears very charming and acceptable but this 'very faint inner voice' tells us

he or she is in fact the opposite. Much later, after a few months or years, aft er we have had bad experiences with this very person, we realize that this perso n was not what we assumed him or her to be. Then, at that point, after having be en wronged, if we sit quiet a bit and can succeed in recollection of the past, w e will know that at the time we met this person many months or years back, there was that faint voice that told us not to trust this person. It was a voice that knew the truth at the first glance and whispered us this fact from deep within like the sound of waves hitting the shore on a still moonlit night. You might be at some distance from the sea, you cannot see the sea, but you hear the sound o f waves lashing the shore and know you are close to the sea. This was not a feel ing originating from the body, mind, intellect, consciousness or the ego. It wa s something beyond all these. There was something very direct, absolute and no-n onsense about it.

If most of us are asked about who we are, we will describe ourselves as the body we possess. If the body is hurt, ill or wounded, 'WE' are wounded. If the body 'died', that person is no more and is dead. Some others consider themselves to b e the mind they have. If their 'feelings' 'likes' or 'desires' are met or not me t, they feel happy or unhappy. A few others will say they are the 'intellect'. T hey consider the real themselves to be the power within them to discriminate, po nder, reason and realize. A fourth sect of people might describe themselves as t he 'consciousness' and the fifth sect as the 'Ego'. But neither the body, mind, intellect, consciousness and ego could point out the reality in the above real l ife example. All the five failed in discerning the nature of the 'charming and a cceptable' person. So now we come to understand that there is a sixth dimension within us that has a purview beyond the purview of the body, mind, intellect, co nsciousness and ego. Rather it is a dimension which is not bound by the limitati ons of these three. That according to me, is the 'soul'. It is the true 'US'. Th at is who we are. That is what we actually are.

If we contemplate a little more on this 'sixth dimension' through meditation, we will start to get a trickle of a feeling that everything is contained within it and everything comes from it. That there is nothing beyond its purview or nothi ng independent of its knowledge and reach.

We will also start to realize first hand that the world we see is only a reflect ion of our own mental state. That the very same world appears different at diffe rent times. When we are irritable and angry, every person appears as somebody wh o could instigate and ire us further. When we garner a fat profit from a new bus iness, the whole world seems so very agreeable, so filled with lovely people and so very perfect. How can this be? How can one thing appear as two or many diffe rent things? What does this show? It shows two things:

1. That anything that is real must hold its reality and state of stability immat erial of our or anyone else's mental state. Water is a liquid at room temperatur e. Immaterial of whether it is day or night, we are angry or happy, we got a pro motion or a demotion at our workplace, water will remain a liquid at room temper ature. This is the reality of water in gross terms and time.

2. That if the external world we see was real, it would have to remain fixed, co nstant and unchangeable. But the apparent world is never fixed. It is constantly in a state of flux. A girl who appears very pretty in her teens is no longer fo und to have this 'prettiness' on reaching middle age. Where did the beauty in th e body go? If it were real, it would be fixed and permanent. So the so called be auty in the body was unreal, it was never really there. It was more like an illu sion. Similarly the impermanence in the world we see around us comprised of road s, buildings, automobiles and people will also have to be unreal for none of the se things are fixed. With time, all these will change. Roads will be widened, bu ildings will be demolished and taller buildings will take their place, people wh o were once nice to us become unfriendly, wealth and a fat bank account dissolve

into nothing further to a wrong investment and the wealthy man becomes a pauper. So all these things were and are unreal. For were they real they would stand against the ravages of time and forces.

Now coming back to the concept of the real 'US' or what we called the 'soul', why is it that the 'voice' of such a powerful and all knowing soul within most of us is so faint? If the so called 'soul' were to be so knowledgeable, omnipresent, omnipotent and supreme, why is it we have to try so hard to hear its voice and suggestions? Couldn't we all become super humans if we knew everything before it were to happen? We would then take only the right decisions, judge the right people and choose best road to success. There can only be one answer to this query. That there is some kind of an obstruction preventing this great power from reaching our minds, intellect and consciousness. Just as the rays of a light get dimmed or partially blocked if it were to be covered by a piece of cloth, the supreme power of the soul seems to be largely covered by some obstruction. If we could decipher a method to relieve the soul of this 'obstruction', the world would be in our hands. We would know the future and attain spectacular success. We would realize the power of 'ourselves' to the fullest extent and go beyond sorrow and misery.

This is where Brahmacharya comes into the picture. At the start of celibacy and during the first few months of celibacy unto a year, various of these 'obstructions' at the physical level start getting undone. The physical body is the foundation on which the other bodies (astral and causal bodies) rest when the soul is in a state of encasement. 'Obstructions' at the physical level are represented by disease, illness and health related abnormalities. These slowly start getting rectified and the time taken will depend on the extent of these abnormalities. As one succeeds in longer and longer periods of Brahmacharya in thought, word and deed, 'obstructions' or abnormalities/ deviations at the mental and causal level start getting vacated. It is a slow process but can be a sure process depending on the intensity and honesty in celibacy. If there is a break, the process gets broken.

With continued and persistent practice of Brahmacharya in thought, word and deed for a period of 12 years, the scriptures profess that man can undo all the obstructions covering the soul and become totally free. While the removal of all obstructions ensures that the full light and power of the soul starts to shine through (thereby ensuring man gets superhuman powers - not a miracle really, since knowledge is power and the soul always knew everything but had been obstructed by ignorance) it also bestows on man the all knowable status. He will know the secret of creation, the past, the future and will rest in a state beyond sorrow perfectly in tune with the creator or God who was present within him all the while. He will realize he was a fragmented microsm of the macrosm we call God and that all creation has come from he himself at the macrosm level.

So to answer the query as to whether the illusory dream upgrades with success in celibacy, the answer would have to be that it would take man to a state where he would totally get freed from the grip of illusion and would start relating to the only entity which is permanent: " He himself, the soul which is a microsm of the macrosm -God", whereupon the purpose of human birth would be met and the cycle would be complete.

Trust this threw some 'light' on matter of the 'light'!

God bless and have a nice day
Dhananjay :-)

Question
Hello Ian:
Thank you very much for giving your advice so freely.

I have been trying to practice celibacy for many years but always failed because of tv, internet, boredom, etc. Recently, I read that flexing the anal sphincter muscles can push the sexual energy up the spine towards the brain and away from the sexual organs. To my surprise this has worked amazingly well. It has really reduced any temptations and I was able to avoid ejaculation for almost 1.5 months. But I've had 2 problems:

1) I've been having some abdominal pain as well as back pain recently, and I'm not sure if it's related to this. If I meditate on the energy in those areas, the pain is slightly worse. Recently, an ejaculation from a wet dream made the pain in my abdomen very bad. Can you comment on whether celibacy (or the practice of flexing the anal muscles) could lead to such problems?

2) I find that if I even allow a single lustful thought, it's very difficult to remove that thought and it leads to a vicious, escalating cycle that eventually results in masturbation to release it. I know you recommend mantras, meditation, etc to purge this, but I have not found these to be helpful. How much meditation is needed to purge a lustful thought?

Thank you for your help!
John

Answer
Hello John! Great to get your question. I've summarized and answered your questions below.

Q: Could back pain be related to celibacy?
A: Yes. It could be related if you are having pains in the lower back, which relates to the traditional Chinese medicine kidney and sometimes prostate pain. Basically, if you're running around a lot, you don't get sore muscles until you stop. Celibacy is the same. The soreness is a good sign, i.e., that your TCM kidney and prostate are healing up and are asking for time to heal. For two practitioners I've spoken with, they went through about three months of this soreness before it went away, after which these functions were restored well.

Pain in the abdomen is related to testicular pain, which would be natural for an aware and spiritually conscious man to have after ejaculation. The reason for this is because the testicles dropped from the abdomen into the scrotum when you were very young, leaving some testicular nerves there and leaving a weak spot in your abdominal wall.

If you have back pain somewhere else in the middle or up higher and closer to the neck, I would recommend sleeping on a hard floor.

Comments:
Getting to a month an a half is no small feat. Keep clear records of how long you are going each time and try to beat that record. You're already in the middle of the battlefield.

Q: What is another way to purge lustful thoughts, other than meditation?
A: Meditation and chanting are not useful for dealing with lustful thoughts as they come. They only keep more of them from showing up. When you get a lustful thought, go through some visualizations that lead the thought into a more realistic place. It's more like the Taichi approach, rather than the boxing approach. For example, if a certain woman is causing you to lust, actually concentrate on that woman more, and start to question that lust. One way, as Swami Sivananda stated, is to remember that lust concentrates on the bottom of a woman, when that is the dirtiest part. Be aware that urine and feces are in that area. Be clear tha

t the smell of that area is nauseating. There are museums put up by Buddhists in Thailand and Malaysia which display corpses. The reason for this is to know clearly that the flesh of a human being is very disgusting. You would be strange to see someone's dead flesh and not feel revolted. There are also several galleries online which feature pictures of this, and I highly recommend them. It helps you clearly draw the line between flesh and spirit, and helps you put the right part of a woman in focus.

Remember, too, that this is someone's sister, just like you have a sister, or a female cousin. Could you lust after your sister? Of course not, because you understand her. Lust plays on ignorance. Also, would you like some strange man lusting after your sister? Again, of course not. It would make you very angry. So what right do you have to lust after another man's sister? As you think this way, you're actually bringing her real physiology and place in society into clear sight.

I hope this helps! Keep strong in your quest.

-Ian Clark
Brotherhood of the Sacred Word

Question
Dear Dhananjay,

What are the physical benefits of celibacy for a person who
has wasted his semen continuously for 5 years and has
developed wrinkles on his skin? I find that the skin on my
hand looks very wrinkled. Is it possible to get a smooth
skin again by observing celibacy? What is the minimum period
one should observe strict celibacy to realize the benefits?

Thanks a lot,
Amit

Answer
Hello Amit,

Hope this finds you in good spirits and cheer, Coming to the query

Q1: What are the physical benefits of Brahmacharya for someone who has been a non-celibate?
A: The benefits of true celibacy are one and the same for each and everyone of us. They appear more pronounced and apparent in people who have lead a life of restraint and take a longer duration to start becoming noticeable in those who have led a life of wastage. The only way out is to start an honest and sincere life of Brahmacharya as soon as one gets to know of the consequences of a life of wastage and focus on complete transmutation of the vital essence from then on. Detailed descriptions of the actual benefits of celibacy can be obtained from going through past answers on this portal.

Q2: What is the duration of celibacy required to attain benefits?
A: The question of how long one has to practice celibacy does not arise as it is to be practiced in totality and forever at all places and times. Indulgence in the sexual act is to be restricted to progeny only if one wishes for health, progress and happiness in all of life's domains. Brahmacharya is the correct mode of life for each and every human being immaterial of his or her marital status. As explained earlier, the purpose of the sexual act is procreation and not recreation.

The duration of time taken to undo the negative effects of seminal wastage will

depend on various factors such as the age, health condition, lifestyle, sincerit y in celibacy etc.. of the person concerned. It is best not to worry too much re garding one's past shortcomings and debilities and instead concentrate on improv ing oneself at the physical, mental and spiritual levels through celibacy, where upon the benefits will start coming in their own accord at the right time.

God bless and have a nice day :-)

Question
in the book practice of Brahmacharya by Sivananda it is written: According to Yo gic science, semen exists in a subtle form throughout the whole body. It
is found in a subtle state in all the cells of the body. It is withdrawn and el aborated into a gross
form in the sexual organ under the influence of the sexual will and sexual excitement. An
Oordhvareta Yogi not only converts the semen into Ojas, but checks through his Y ogic power,
through purity in thought, word and deed, the very formation of semen by the sec retary cells of
the testes or seeds. This is a great secret. Allopaths believe that even in an Oordhvareta Yogi, the
formation of semen goes on incessantly and that the fluid is reabsorbed into the blood. This is a
mistake. They do not understand the inner Yogic secrets and mysteries. They ar e in the dark.
Their Drishti or vision is concerned with the gross things of the universe. The Yogi penetrates
into the subtle hidden nature of things through Yogic Chakshu or the in ner vision of wisdom.
The Yogi gets control over the astral nature of semen and thereby prevents the f ormation of the
very fluid itself.

Can you give some details how this can be accomplished?
Thank you.

Answer
Hello there, trust you are doing good :-)

Yes, semen exists in a subtle state throughout the body. It is the basis on whic h the foundation of life rests upon. This is one of the reasons why further to i ts loss after ejaculation, man feels drained and empty. Semen is referred to as the Prana of Pranas . It is the basic vital energy on which all other energies are formed and rest upon.

In a normal man indulging in the sexual sensation, the vital energy or Prana trans cends into its gross form semen . When man is under sexual duress, all energy his b ody is capable of generating gets focused and concentrated at the Svadhistana cha kra (at the lumbar region) or the sex center. This prompts the secretor cells in the testes to produce sperm. The Cowpers glands or the bulbo-urethral glands get ready with the Cowper s fluid (meant to neutralize the acidity of urine in the ur ethra) and the prostate with the prostatic fluid. All these three mix together i n the right volumes before ejaculation to form the resultant semen. In a man con stantly harboring in the sex plane, semen is mostly close to the gross form, wai ting to flow downward.

In a celibate yogi who is an Urdhvareta (a compound Sanskrit word formed from th e simple words: Urdhva- meaning upward, Rethas- meaning semen. Urdhva Rethas yasy a saha iti meaning one who has taken his semen upward) a different phenomenon occ urs. By the constant presence of his thought, word and deed in the god plane, in

tent in helping fellow humans with true love, without desire for the fruits of h is actions, the Urdhvareta rests in a state of mind beyond the senses. Sense obj ects and stimulations do not create the response of desire, having tasted the ne ctar of godly bliss. Just like a man who has tasted piping hot fresh food will h ave no interest in stale, rotten food, the magnitude of bliss tasted by him make the five worldly sensations (sight, smell, taste, touch, hearing) insignifican t in comparison. By his powerful wisdom, he has realized the impermanence of the se sensations and the permanence of soul bliss.

Such a man is in a state of celibacy effortless and natural . His brahmacharya is a s natural to him as one s breathing. Since his mind is oblivious to sensory stimul i, the sexual glands produce only the component of semen necessary to nourish hi s body & intellect (these are also functions of semen), that too in the subtle s tate. He no longer has the need for gross semen. In the subtle form, semen attai ns its maximum power and reach. A cup of water in the gross form when limited to the cup has little energy by itself. But the same water when converted to steam and pressurized can be made to drive a steam turbine.

To accomplish this state, the yogi shifts to a lifestyle aimed at withdrawing an d developing indifference over sense stimulations and responses. Man has develop ed his liking for sense stimuli from his past actions. It takes considerable eff ort to negate and finally win over these past tendencies along with divine blessin g. The Urdhvareta has accomplished the same.

Celibacy is truly speaking the means to achieve the end - Self or God realizatio n . Celibacy is actually the tool for man to dig himself out of the cave of ignora nce and reach the bright state of knowledge. Knowledge of oneself and the creato r!

Hope this makes things clear
God bless and have a nice day :-)

Dhananjay

Question
I m 30 yrs. I'm doing masterbution for 10 yrs. Once in a week .i tried to stop i t. And failed after a month or 2 several times. My eyes and cheeks gone inside a nd i'm in a bad health. I want to know that can i attain the powers and health b ack or is it beneficial to practice brahmacharya after 30. What are the ayurvedi c medicines helpful in regaining health and strengthening semen to transform to ojas.

Answer
Hello there,

Q1: Is it beneficial to practice celibacy after thirty years of age? If so what are the pointers to achieve this?
A: Start a life of Brahmacharya by abhorring from the objects of senses in thoug ht, word and deed. Keep a time frame of a month to begin with. On attaining this target, increase this period to a month and half, then two months and so on. Wi th success in longer and longer periods of celibacy, the body will slowly start becoming more healthy and will gradually increase its vital reserves. It is very important to keep one's thoughts clean and indulge in regular physical, mental and spiritual activity to succeed in the practice of Brahmacharya.

Q2: Is there any medicine to compensate for the lost semen?
A: No. There is no medicine which can replenish the lost reserves of semen. Seme n once lost is lost for ever. The degeneration undergone by the body to replenis h more and more semen further to wastage is irreversible. The only good one can do to oneself is to ensure further loss of semen is curtailed, thereby ensuring

future safety.

Kindly go through all the past answers on this portal to get a detailed overview on how to succeed.

God bless and have a nice day
Dhananjay :-)

Question
QUESTION: I'm due to start university soon and a recent concern that has arisen is that I will most probably be surrounded by sexually promiscuous people.

I sometimes visit a student forum and have read posts in which people have expressed their concern about being a virgin; they are scared to admit that they have never had sex. This is a reflection of the sort of topics that are brought up in everyday conversations among students here in the UK. Despite this, I feel like I cannot isolate myself completely since I need to get to know people to determine whether they should be associated with or not. However, I don't know whether the forum is anything to go by since I've never been to university before.

It follows that I have some important questions:

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3. It's undeniable that there will be a lot of girls around me. How should I deal with any advances towards me?

Also, do you have any general advice on issues that I haven't brought up?

ANSWER: Thanks for your question, Anonymous.

First let me say that it is very brave to remain chaste in your youth. There is considerable pressure from bored students around you. But also it takes some courage to harness that powerful male energy which is very strong in those years. Those that can remain chaste in their youth have amazing power stores that propel their careers and aspirations to legendary lengths. There is much to lose and much to gain, with few (if any) who just break even.

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Being in school is a great opportunity to meet with other moral men. They can come to your room for religious practices, or just for fun and male bonding. Brotherhood is a key to celibacy in general, and it facilitates in purifying specific places (and later, even the whole world). You can see your time at school as

a great opportunity to network with these rare individuals. They are rare, but ever increasing. [1]

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For those worthy of your effort, their ridicule of virginity and statements concerning sex can be a gauntlet or cry for help. The arguments that are effective are never the same for every individual. If you wish to help these people, you may need to read up on the different arguments you can use. A good place to start is this FAQ of a Russian celibates' group:
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After that it's important to direct the conversation to ideas. Do not be too disappointed if you find that many women simply have no ideas at all. There are many people in general who are very empty and shallow, and you will find this. Perhaps nine out of ten women you meet will simply have to be ignored, because once they are forced to be on a purely mental or spiritual level with you, they find they have nothing and run away.

In the rare occurrence that a woman is aggressive, you can use physical force and verbal attacks if necessary. A good meditation for chaste men is to imagine the most tempting woman, and see yourself being very stridently opposed to her advances – using force if necessary. Harassment is a very serious offense, and you should do everything within your legal rights to stop it.

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Q: Do you have any general advice on issues that I haven't brought up?

Yes, I think you should hold fast to your virginity. I sincerely hope that if you go the path of marriage, that you find a wonderful wife and have a great family. If you take my path – that of the total renunciate – that is certainly an amazing experience, too. If you need more specific advice you can add more details about yourself and your persuasions so that I can fit things more to you personally.

I hope this helps!

References:

[1] Notice the growing number of celibacy sites and celibacy groups on the inter net, when ten years ago there seemed to be next to nothing.

Some celibacy sites:
www.celibrate.org
www.celibacy.info
www.sexualfreedom.com
www.ambrosian.org

Some celibacy groups:
[a search on orkut gives over 1000 results for the Hindi/Sanskrit term "brahmach arya" (celibacy):]
http://www.orkut.com/UniversalSearch.aspx?pno=1&searchFor=A&q=brahmacharya
[here is one of the larger groups there:]
http://www.orkut.com/Community.aspx?cmm=15091517
and another:
http://www.orkut.com/Community.aspx?cmm=8046

[2] "Responsibility" literally means "state of responding". Compare this Latin-based word with the Chinese word with this meaning ze2 ren4 ??. The first chara cter describes using a sharp object to demand money from someone, and the second describes a man who is carrying a burden. Neither characters nor their composi te makes mention of the idea of "response".

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---------- FOLLOW-UP ----------

QUESTION: Thank you Ian.

What mantras would you advise me to chant? Some of the mantras I have in mind ar e the Hare Krishna, Gauranga and Nityananda mantras. What are your views on thos e?

As regards getting married, it doesn't really hold much attraction for me at the moment. I wouldn't mind a Platonic companion, but having one wouldn't be essent ial. However, would I be right in assuming that it is inadvisable to even have n onsexual bodily contact with the opposite sex, even if it is a chaste expression of affection? An arm around the waist, for instance.

I want to become a scientist. Consequently, a great deal of training and effort is required and I feel that chastity might give me a boost to realise my goal. I n your previous answer to a question posed by someone else you mentioned that wh en bodily fluids are retained "this power increases the IQ by allowing for more utilization of the brain and providing the material nutrition which is specifica lly used for the manufacture and maintenance of brain cells." This confuses me s omewhat. A modern psychologist would most likely disagree with this and cite the research that supposedly shows that one's intelligence is fixed throughout most of one's life. Could you clarify this?

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Anyway, that's just about all I can think of asking at this moment.

ANSWER: Thanks again for the questions. They are all very pertinent.

re: mantras

The Maha (Mahaa), Gauranga and Nityananda mantras all hail Krishna [1]. If you look at Krishna icons and listen to Krishna mantras with greater devotion than o thers, then He is your guru. You should therefore focus on those mantras.

Otherwise there is a mantra that is among my favorites - the Gayatri, "the mothe r of all mantras". It contains several levels of meaning from the naturalistic to the purely spiritual, though it is not directed at any one particular deity.

There is this popular-style version of it here:
http://www.youtube.com/watch?v=oSwQ6FomhqQ

(for some reason, it's my favorite over the stricter Hindu versions like this on e: http://www.youtube.com/watch?v=dGFpd3mcVv0).

re: marriage

In my view, you'd be better off choosing a path. Both paths are good, and you c an change that path later as you see fit (as Prabhupada went from householder to renunciate, or as other renunciates suddenly became householders). But in the meantime, it would be easier to be settled on the issue one way or the other and live in accordance to it.

re: IQ

Intelligence is a function of the brain, with distinct material boundaries and i ndistinct energetic ones. Materially a man bolsters the brain by maintaining hi s lecithin (phosphorous compound), which is the principle component of brain mat ter and nervous tissue in general. If the lecithin is lost, the material then h as to be made up of components already in the body to replace it. This is simil ar to why people with acidic blood have weak bones - people are losing the calci um to balance their blood pH, and that is taken out of the bones by the system. When sperm is replaced, it doesn't come out of nowhere, but out of existing mat erials by the system.

Semen Content

ascorbic acid (vitamin C, for tissue maintenance)
blood-group antigens (from immune system)
calcium (mineral)
chlorine (oxidizing agent)
cholesterol (steroid alcohol present in body fluids)
chlorine (base, part of the vitamin B complex)
citric acid (occurs during cellular metabolism)
creatine (nitrogenous substance found in muscle)
deoxyribonucleic acid (DNA)
fructose (sugar used for energy)
glutathione (peptide amino acid)
Glycoproteins (cancer fighting agent)
hyaluronidase (enzyme)
inositol (sugar found in muscles)
lactic acid (byproduct of muscle use)
magnesium (mineral)
nitrogen (gas found in all living tissue)
phosphorus (mineral)

prostaglandins (good for pregnancy)
potassium (mineral)
purine (compound of uric acid)
pyrimidine (organic base)
pyruvic acid (formed from either glucose or glycogen)
selenium (cancer fighting agent)
sodium (salt)
sorbitol (body alcohol)
spermidine (catalytic enzyme)
spermine (ammonia compound found in sperm)
urea (from urine)
uric acid (from urine)
vitamin B12 (for proper function of nervous system and metabolism)
zinc (mineral)
Semen Characteristics

Volume (ml) > or = 2
pH 7.2-8.0
Sperm concentration (M/ml) > or = 20
Total sperm count (M/ejaculate) > or = 40
Morphology (% normal) > or = 30
Vitality (% live) > or = 75
WBC (M/ml) <1.0
Immunobead test (%sperm with beads) < or = 10 <20
MAR test (%sperm with RBCs) <10
Calorie equivalent in ejaculate 9 calories
Motility Within 1h of ejaculation
class a (%) > or = 25
classes a and b (%) > or = 50
Neutral alpha-glucosidase (mU/ejaculate) > or = 20
Total zinc (µmol/ejaculate) > or = 2.4
Total citric acid (µmol/ejaculate) > or = 52
Total acid phosphates (U/ejaculate) > or = 200 [this is the highest number]
Total Fructose (µmol/ejaculate) > or = 13 [2]

There are also spiritual and energetic qualities to sperm. Sperm cells were obs erved to have characteristics of memory. [3] Under a microscope we can see spe rm cells moving very fast. Being cells, they carry (half) of the DNA code and a re often noted to be a type of micro-organism. The energy center of the body is the brain, and this frantic energy with quasi-memory and real transference capa bility is logically a part and parcel of its function.

It is true that IQ numbers are mostly static, though this is not an absolute rul e. As for numbers and statistics, these can simply be manipulated. The real qu estion is: have you ever experienced great leaps in intelligence? Have you ever noticed after a big "ah-hah" that the world around you is being perceived diffe rently? I think some of us would answer yes, though many common people would fi nd the question to be strange and answer no.

How much change can you experience? The results vary on your previous state, an d how pure your current state is. If you were totally immersed in sin, but now suddenly have found a pure life, then I think you can experience great intellige nce increases in just moments. In personal stories about enlightenment, you'll notice how everyone comes to it in very different ways and speeds. There are pe ople who have radical, sudden change, and there are people who change so slowly that they only realize later that they have changed.

The key factor is worry. Addicted people don't count the worry, because their b rain and their pleasure sense is fooling them. They don't realize that they jus t spend almost two days guessing if their girlfriend was angry or not. They don

't count the worries, because they are looking for the next cheap thrill.

Pure people are free of many kinds of worry. They may only realize it after bec oming pure. The space to think, the freedom to be as one is - the horizons are vast now.

So the increases in intelligence for newly-celibate men are several-fold:

1. They materially have more nutrition for their brain function
2. They saved the energy that would normally be required to make excess semen.
3. They do not need to worry about the emotional states of females, nor guess ab out what they mean, nor take care of their often petty issues.
4. They now have all that space free for spiritual development, relaxation, and real satisfaction in life. This is a beneficial cycle where one benefit causes another, which causes another and so on. New time makes way for constructive ac tivity, which makes for more achievements and success. The activities become mo re familiar with practice and successes come more and more easily. This is argu ably IQ development and increase.

I hope I've answered your questions in full.

[1] Of the Mahaa mantra: Hare Krishna/Hare Raama.
Krishna is the personality of Godhead Himself.
Raama: The seventh incarnation of Lord Vishnu, Rama is seen as the embodiment of dharma and is the object of great devotion. He is the central character in the Indian epic Ramayana. [And Krishna is an incarnation of Vishnu]
www.siddhayoga.org.in/glossary.html

Krishna: an incarnation of Vishnu (sometimes perceived as the sustainer, in trin ity with Brahma the creator and Shiva the destroyer), is the Divine Teacher in t he Bhagavad Gita. ...
www.zoofence.com/define04.html

Gauranga: one whose limbs have a hue of molten gold; a name for Sri Caitanya Mah aprabhu, who is Sri Krsna Himself, endowed with the bhava (inner mood).
www.bvml.org/SBNM/JaivaDharma/42.html
Gouranga is a term popularized by the Hare Krishna movement as a word meaning 'b e happy'.
en.wikipedia.org/wiki/Gauranga

Nityananda: a manifestation of Sri Krsna who in krsna-lila is Sri Balarama. He a ppeared together with Sriman Mahaprabhu and was the Lord's chief assistantin dis tributing harinama-sankirtana to the fallen jivas of Kali-yuga.
www.bvml.org/SBNM/JaivaDharma/42.html

[2] Qualified SRN working in GU medicine Yahoo Answers Stephen3057

[3] http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6SYP-4619PP8-4&_us er=1...

---------- FOLLOW-UP ----------

QUESTION: As regards showing people the way that is good for their health, i.e. celibacy.

I occasionally read various forums and I come across some topics that make me th

ink "These people are living in ignorance. If only someone would help them." I w
ish to help them, yet I sometimes feel like I don't know enough or could push th
em in the wrong direction - if they suppress their urges instead of redirecting
them, for example. What's your take on this? Are there any conditions that you
think must be met before anyone starts to give advice on celibacy? I'd like to d
o all I can to help people.

Answer
Thanks for your question!

It's not a complicated affair to advocate celibacy. Basically the question of s
ublimation that you brought up is easily answered with "constructive activities"
. You only need to argue that self abuse is a destructive, time-wasting, useles
s activity, while the individual has many activities that are constructive that
can be done with more fervor and dedication. If you feel you aren't versed on s
omething specific, you can refer people to relevant information or just admit ig
norance.

Two ideas I have on this point:

1. Subtlety is always stronger than a crude method. A suggestion to someone can
be much more powerful than a detailed exposition. If you're on a message board
, you can try to limit most of your posts to just one sentence. It's a hard dis
cipline, but from the observer's point of view, it really has more power than th
e alternatives.

2. Your true persuasive voice may not really arrive until you've had nine months
or more of experience as a celibate. Until then your comments and work are ver
y highly valued, but after that point you'll find that the work gets to a whole
new level.

Hope this helps!

Question
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is that I will most probably be surrounded by sexually promiscuous people.

I sometimes visit a student forum and have read posts in which people have expre
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never had sex. This is a reflection of the sort of topics that are brought up i
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l with any advances towards me?

Also, do you have any general advice on issues that I haven't brought up?

ANSWER: Thanks for your question, Anonymous.

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considerable pressure from bored students around you. But also it takes some c

ourage to harness that powerful male energy which is very strong in those years. Those that can remain chaste in their youth have amazing power stores that propel their careers and aspirations to legendary lengths. There is much to lose and much to gain, with few (if any) who just break even.

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[here is one of the larger groups there:]
http://www.orkut.com/Community.aspx?cmm=15091517
and another:
http://www.orkut.com/Community.aspx?cmm=8046

[2] "Responsibility" literally means "state of responding". Compare this Latin- based word with the Chinese word with this meaning ze2 ren4 ??. The first chara cter describes using a sharp object to demand money from someone, and the second describes a man who is carrying a burden. Neither characters nor their composi te makes mention of the idea of "response".

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The Maha (Mahaa), Gauranga and Nityananda mantras all hail Krishna [1]. If you look at Krishna icons and listen to Krishna mantras with greater devotion than o thers, then He is your guru. You should therefore focus on those mantras.

Otherwise there is a mantra that is among my favorites - the Gayatri, "the mothe r of all mantras". It contains several levels of meaning from the naturalistic to the purely spiritual, though it is not directed at any one particular deity.

There is this popular-style version of it here:
http://www.youtube.com/watch?v=oSwQ6FomhqQ

(for some reason, it's my favorite over the stricter Hindu versions like this on e: http://www.youtube.com/watch?v=dGFpd3mcVv0).

re: marriage

In my view, you'd be better off choosing a path. Both paths are good, and you c an change that path later as you see fit (as Prabhupada went from householder to renunciate, or as other renunciates suddenly became householders). But in the meantime, it would be easier to be settled on the issue one way or the other and live in accordance to it.

re: IQ

Intelligence is a function of the brain, with distinct material boundaries and i ndistinct energetic ones. Materially a man bolsters the brain by maintaining hi s lecithin (phosphorous compound), which is the principle component of brain mat ter and nervous tissue in general. If the lecithin is lost, the material then h

as to be made up of components already in the body to replace it. This is similar to why people with acidic blood have weak bones - people are losing the calcium to balance their blood pH, and that is taken out of the bones by the system. When sperm is replaced, it doesn't come out of nowhere, but out of existing materials by the system.

Semen Content

ascorbic acid (vitamin C, for tissue maintenance)
blood-group antigens (from immune system)
calcium (mineral)
chlorine (oxidizing agent)
cholesterol (steroid alcohol present in body fluids)
chlorine (base, part of the vitamin B complex)
citric acid (occurs during cellular metabolism)
creatine (nitrogenous substance found in muscle)
deoxyribonucleic acid (DNA)
fructose (sugar used for energy)
glutathione (peptide amino acid)
Glycoproteins (cancer fighting agent)
hyaluronidase (enzyme)
inositol (sugar found in muscles)
lactic acid (byproduct of muscle use)
magnesium (mineral)
nitrogen (gas found in all living tissue)
phosphorus (mineral)
prostaglandins (good for pregnancy)
potassium (mineral)
purine (compound of uric acid)
pyrimidine (organic base)
pyruvic acid (formed from either glucose or glycogen)
selenium (cancer fighting agent)
sodium (salt)
sorbitol (body alcohol)
spermidine (catalytic enzyme)
spermine (ammonia compound found in sperm)
urea (from urine)
uric acid (from urine)
vitamin B12 (for proper function of nervous system and metabolism)
zinc (mineral)
Semen Characteristics

Volume (ml) > or = 2
pH 7.2-8.0
Sperm concentration (M/ml) > or = 20
Total sperm count (M/ejaculate) > or = 40
Morphology (% normal) > or = 30
Vitality (% live) > or = 75
WBC (M/ml) <1.0
Immunobead test (%sperm with beads) < or = 10 <20
MAR test (%sperm with RBCs) <10
Calorie equivalent in ejaculate 9 calories
Motility Within 1h of ejaculation
class a (%) > or = 25
classes a and b (%) > or = 50
Neutral alpha-glucosidase (mU/ejaculate) > or = 20
Total zinc (µmol/ejaculate) > or = 2.4
Total citric acid (µmol/ejaculate) > or = 52
Total acid phosphates (U/ejaculate) > or = 200 [this is the highest number]
Total Fructose (µmol/ejaculate) > or = 13 [2]

There are also spiritual and energetic qualities to sperm. Sperm cells were obs erved to have characteristics of memory. [3] Under a microscope we can see spe rm cells moving very fast. Being cells, they carry (half) of the DNA code and a re often noted to be a type of micro-organism. The energy center of the body is the brain, and this frantic energy with quasi-memory and real transference capa bility is logically a part and parcel of its function.

It is true that IQ numbers are mostly static, though this is not an absolute rul e. As for numbers and statistics, these can simply be manipulated. The real qu estion is: have you ever experienced great leaps in intelligence? Have you ever noticed after a big "ah-hah" that the world around you is being perceived diffe rently? I think some of us would answer yes, though many common people would fi nd the question to be strange and answer no.

How much change can you experience? The results vary on your previous state, an d how pure your current state is. If you were totally immersed in sin, but now suddenly have found a pure life, then I think you can experience great intellige nce increases in just moments. In personal stories about enlightenment, you'll notice how everyone comes to it in very different ways and speeds. There are pe ople who have radical, sudden change, and there are people who change so slowly that they only realize later that they have changed.

The key factor is worry. Addicted people don't count the worry, because their b rain and their pleasure sense is fooling them. They don't realize that they jus t spend almost two days guessing if their girlfriend was angry or not. They don 't count the worries, because they are looking for the next cheap thrill.

Pure people are free of many kinds of worry. They may only realize it after bec oming pure. The space to think, the freedom to be as one is - the horizons are vast now.

So the increases in intelligence for newly-celibate men are several-fold:

1. They materially have more nutrition for their brain function
2. They saved the energy that would normally be required to make excess semen.
3. They do not need to worry about the emotional states of females, nor guess ab out what they mean, nor take care of their often petty issues.
4. They now have all that space free for spiritual development, relaxation, and real satisfaction in life. This is a beneficial cycle where one benefit causes another, which causes another and so on. New time makes way for constructive ac tivity, which makes for more achievements and success. The activities become mo re familiar with practice and successes come more and more easily. This is argu ably IQ development and increase.

I hope I've answered your questions in full.

[1] Of the Mahaa mantra: Hare Krishna/Hare Raama.
Krishna is the personality of Godhead Himself.
Raama: The seventh incarnation of Lord Vishnu, Rama is seen as the embodiment of dharma and is the object of great devotion. He is the central character in the Indian epic Ramayana. [And Krishna is an incarnation of Vishnu]
www.siddhayoga.org.in/glossary.html

Krishna: an incarnation of Vishnu (sometimes perceived as the sustainer, in trin ity with Brahma the creator and Shiva the destroyer), is the Divine Teacher in t

he Bhagavad Gita. ...
www.zoofence.com/define04.html

Gauranga: one whose limbs have a hue of molten gold; a name for Sri Caitanya Mah aprabhu, who is Sri Krsna Himself, endowed with the bhava (inner mood).
www.bvml.org/SBNM/JaivaDharma/42.html
Gouranga is a term popularized by the Hare Krishna movement as a word meaning 'b e happy'.
en.wikipedia.org/wiki/Gauranga

Nityananda: a manifestation of Sri Krsna who in krsna-lila is Sri Balarama. He a ppeared together with Sriman Mahaprabhu and was the Lord's chief assistantin dis tributing harinama-sankirtana to the fallen jivas of Kali-yuga.
www.bvml.org/SBNM/JaivaDharma/42.html

[2] Qualified SRN working in GU medicine Yahoo Answers Stephen3057

[3] http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6SYP-4619PP8-4&_us er=1...

Question
I'm due to start university soon and a recent concern that has arisen is that I will most probably be surrounded by sexually promiscuous people.

I sometimes visit a student forum and have read posts in which people have expre ssed their concern about being a virgin; they are scared to admit that they have never had sex. This is a reflection of the sort of topics that are brought up i n everyday conversations among students here in the UK. Despite this, I feel lik e I cannot isolate myself completely since I need to get to know people to deter mine whether they should be associated with or not. However, I don't know whethe r the forum is anything to go by since I've never been to university before.

It follows that I have some important questions:

1. What is the best way to purify the room I'll be staying in during my time at university?
2. How should I deal with people that ridicule virgins and bring up sexual thing s during conversations?
3. It's undeniable that there will be a lot of girls around me. How should I dea l with any advances towards me?

Also, do you have any general advice on issues that I haven't brought up?

Answer
Thanks for your question, Anonymous.

First let me say that it is very brave to remain chaste in your youth. There is considerable pressure from bored students around you. But also it takes some c ourage to harness that powerful male energy which is very strong in those years. Those that can remain chaste in their youth have amazing power stores that pro pel their careers and aspirations to legendary lengths. There is much to lose a nd much to gain, with few (if any) who just break even.

And now for the questions:

Q. What is the best way to purify the room I'll be staying in during my time at university?

A. The best way to purify a place is to pray, meditate or chant in it very since rely. You don't have to have a religious practice or affiliation to get started

. More general, positive mantras, holy or inspiring images, green plants and in cense are helpful, too.

Really the reason a place becomes impure is that dark things happened in that pl ace. The place then has that residue/magnetic field or "feeling" of darkness le ft over in it. Therefore, the way to counter this is to make positive things ha ppen in that place. If your positivity is strong enough, you can overcome the d arkness of a place and start to make it "hum".

Being in school is a great opportunity to meet with other moral men. They can c ome to your room for religious practices, or just for fun and male bonding. Bro therhood is a key to celibacy in general, and it facilitates in purifying specif ic places (and later, even the whole world). You can see your time at school as a great opportunity to network with these rare individuals. They are rare, but ever increasing. [1]

Q. How should I deal with people that ridicule virgins and bring up sexual thing s during conversations?

A. There seems to be an unspoken rule in the West that you absolutely must respo nd to someone if they speak to you. By virtue of Eastern practices, this obliga tion does not seem necessary for the operation of civil society [2].

Therefore, you can judge who is worthy of your effort, and who is not.

For those worthy of your effort, their ridicule of virginity and statements conc erning sex can be a gauntlet or cry for help. The arguments that are effective are never the same for every individual. If you wish to help these people, you may need to read up on the different arguments you can use. A good place to sta rt is this FAQ of a Russian celibates' group:
http://antisex.info/en/faqnew.htm

As you see in that FAQ, there are very crisp replies to many of the common comme nts that chaste people get. Further arguments to bolster your opinion can be fo und in the links provided in the references below.

Q: It's undeniable that there will be a lot of girls around me. How should I dea l with any advances towards me?

A: I think it's very important to be direct and firm from the very beginning: I am chaste.

After that it's important to direct the conversation to ideas. Do not be too di sappointed if you find that many women simply have no ideas at all. There are m any people in general who are very empty and shallow, and you will find this. P erhaps nine out of ten women you meet will simply have to be ignored, because on ce they are forced to be on a purely mental or spiritual level with you, they fi nd they have nothing and run away.

In the rare occurrence that a woman is aggressive, you can use physical force an d verbal attacks if necessary. A good meditation for chaste men is to imagine t he most tempting woman, and see yourself being very stridently opposed to her ad vances - using force if necessary. Harassment is a very serious offense, and yo u should do everything within your legal rights to stop it.

We had a priest in our college who was celibate, and once a blond woman made an advance at him in class, trying to prove that he couldn't handle it. Instead, h e asked her to leave the class and he reported her to the authorities. Any man has such a right, and we should take full advantage of it.

Q: Do you have any general advice on issues that I haven't brought up?

Yes, I think you should hold fast to your virginity. I sincerely hope that if you go the path of marriage, that you find a wonderful wife and have a great family. If you take my path – that of the total renunciate – that is certainly an amazing experience, too. If you need more specific advice you can add more details about yourself and your persuasions so that I can fit things more to you personally.

I hope this helps!

References:

[1] Notice the growing number of celibacy sites and celibacy groups on the internet, when ten years ago there seemed to be next to nothing.

Some celibacy sites:
www.celibrate.org
www.celibacy.info
www.sexualfreedom.com
www.ambrosian.org

Some celibacy groups:
[a search on orkut gives over 1000 results for the Hindi/Sanskrit term "brahmacharya" (celibacy):]
http://www.orkut.com/UniversalSearch.aspx?pno=1&searchFor=A&q=brahmacharya
[here is one of the larger groups there:]
http://www.orkut.com/Community.aspx?cmm=15091517
and another:
http://www.orkut.com/Community.aspx?cmm=8046

[2] "Responsibility" literally means "state of responding". Compare this Latin-based word with the Chinese word with this meaning ze2 ren4 ??. The first character describes using a sharp object to demand money from someone, and the second describes a man who is carrying a burden. Neither characters nor their composite makes mention of the idea of "response".

In China a person is perfectly free to make a joke with or at a stranger, or even to yell and scream. But one is also totally free to ignore it. There is no obligation to respond to people, but there are obligations to pay debts.

Question
I am a man of 26. Its now 12 years since I first masturbated. Almost equal number of years I am trying to get rid of this habit but with no avail!
I am not able to control myself from ejaculating for more than 3-4 days in general. Pics of scantly clad women sometimes create havoc in my mind but more often than not I cheat myself by looking at them.
I want to get out of this problem. I just can't accept this situation. Its my dream to be a true bramhacharin. I am interested in spirituality for many years.
What should I do? Are there any exercise, visualization technique, etc which can help me? Please show some light in this regard.
Thanks

Answer
Hello Sart :-)

Hope you are doing well. Thank you for the question; coming to the answers:

Q: How can one get rid of the habit of masturbation/ pornography?
A: The first and foremost requisite is the strong urge to achieve redemption fr om their vicious grip. Your intent is laudable and positive. In order to succeed practically, the following points carried out in tandem should help:

1. Keep the mind busy with constructive work:
This is one of the best panaceas in helping one stay clear of the problem. The d esire to watch images & masturbate requires one to spend time, energy and though t in this direction. If you keep yourself busy with productive work with an aim of achieving something valuable for yourself, this vice will automatically get s queezed into negation.

2. Indulge in physical exercise/ sport:
Regularly indulging in physical exercises or an outdoor sport that we like, help s convert sexual energy into bodily health and strength. The onset of lust and i ts growth into libido is nothing but flow of vital energy into the sexual domain . Exercise draws up energy from the sex center to our muscles and brain, thereby revitalizing the two. This will leave much less energy available for wanton act ivities.

3. Developing mental resolve:
This is the next important step. When one realizes the human body to be nothing more than a combination of bones, blood, flesh and other disagreeable secretions , dispassion will dawn at reality. Minus skin, the human body looks exactly like the cut up carcass of an animal. If necessary go to a morgue and have a look at the cutup body on an autopsy table. We shun in distaste secretions such as pus, phlegm, urine and excreta when they come out and yet try to fantasize on they v ery same body which is a bundle of all of these! Isn t it such an irony? This iron y is a result of maya or illusion. Sensual attraction is just a trick of the mind. In the first place there is nothing really to be attracted to. Further to death the skeletal bones of a person lie in a heap, if the rotting flesh is separated . Where did the beauty go then? It was never really there. Remember it is this v ery flesh and bone on which one wastes his vital fluid to no avail. With time, t he most beautiful body develops wrinkles, ages and goes into oblivion. Where did the beauty go then? Again it was never really there. Wasting semen on the body of a woman is like throwing hard earned money and assets on a fake investment pl an. At least money can be regained with effort But semen once lost can never, neve r be reclaimed. With every ejaculation man loses a little bit of his very self! In course of time he will age very rapidly and debilitate into a degenerate at t he mental, physical and karmic level.

4. Food and prayer:
To the extent possible, avoid extremely spicy food. Give up eating meat, onion a nd garlic. If you can t, eat meat not more than once or twice a week. From my own personal experience, meat eating is not at all the food for the Brahmachari. It produces animalistic tendencies and is a sure shot in giving food for sexual tho ughts. Substitute it with protein sources from the plant kingdom and dairy produ cts. Give up alcohol, tobacco and other addictions completely. Set aside some ti me of the day to meditate upon god and request him sincerely and longingly to he lp you tide over lust and to give you strength to keep the mental resolve.

With honest and sincere practice, god always extends his hand. We alone are the cause of our failures. When persistence and commitment tapers, failure is bound to set in. With will power, determination and tenacity, no one can snatch away s uccess.

Trust this helps,
Revert for clarifications if any

God bless and have a nice day :-)

Dhananjay

Question
Hello Sir,
i have known about all this divine knowledge for about 3 months,
and i have really climbed up or grasped this truth with in depth study very quic
kly.
it is very clear in my mind about what you say,and i have been experiencing bene
fits like clear vision and thinking and glow on face,after practicing this for 3
months with not even continuous brahmcharya of even 15 days.
my questions are
1)why even though i have knowledge, i know the reality, i slip, means i can't ev
en observe celibacy for 15 flat days, somewhere in between on someday this lust
conquers me for sometime, and then again after masturbation i'm brought back to
reality which leads to depression that "why did i fall even though i could see t
he pit just clear in my way". please help me with this.
2)To conquer lust is a great thing, and i believe one should not directly try fo
r it. we should first learn to have control over our carvings for food first and
then it should be lust, it just like you can't make sentences unless you don't
know alphabets. express your views on this please.
3)I have observed that on my vow for observing brahmacharya for 15 days,the lust
powers against me mostly on some specific days like mainly on 1st,3rd,7th,and 1
1th days, my all breakages are on above mentioned days of observing vow.
4)Observing brahmacharya is making me more good looking,with glow on face, incre
ased confidence and physical fitness which increases the chances of opposite sex
to attract towards me, so observing celibacy is tempting me further i mean it b
ecomes harder with each increasing day, you become magnet for the opposite sex i
n short it increases your chances of slip.so how to deal with this
P.S- i'm 19 years old, and is it more difficult to observe brahmacharya at this
age.
One thing i feel positive about is that all the benefits you describe to be got
at end of continuous 3 months of brahmacharya, i'm getting them early, is this a
lso age dependent,there is a way great increase in my physical and mental energy
.
THANKS SIR, YOU ARE A SOURCE OF MY INSPIRATION.

Answer
Hello Sural,

Trust this finds you fine. Coming to your queries,

Q1: What makes a celibate slip, his knowledge of Brahmacharya not with holding?
A: What is the difference between a man who has a thorough knowledge of the map
of a city and a man who knows the layout in the map further to having traversed
through every road in the city personally? There is much difference between the
two. While the first man is familiar with the theoretical aspects concerning the
layout of the city, he has no practical knowledge on what it means to walk on t
hese roads, where to turn and how to locate a place. To him the layout of the ci
ty represents nothing more than a few lines and diagrams on the map. He lacks th
e first hand, practical knowledge of actually moving around the city that comes
from practical experience. He has never had a chance to get an actual 'feel' of
what it means to travel across the city. The second man on the other hand has mo
ved through every road and street and has factual knowledge of what distance rea
lly means. He is conversant with the directions at a realistic level further to
having hands on experience in the actual deed of walking the streets. The direct
ions to a particular place are ingrained in his mind further to true knowledge o
f the layout derived from first hand experience. Mere textual knowledge of a sub
ject such as Brahmacharya is exactly similar. One cannot ingrain into oneself a
life of Brahmacharya just by reading or listening to material on the subject. Th
ere is a vast difference between 'knowing a subject' and having 'realized the su

bject'. Depending on one's evolutionary level, effort and sincerity, it takes mu ch time to realize and come to terms with practical knowledge of Brahmacharya. O ne has to personally go through the 'streets' and 'lanes' governing this divine science and evolve methods to tackle the dangers of lust and temptation lurking around the street corners. As the ability of the celibate to tackle these danger s grows, his success in Brahmacharya also correspondingly progresses.

Q2:Should a celibate try to conquer lust?
A: Is it possible to conquer heat emanating from fire and make the fire cool? Is it possible to conquer cold emanating from a block of ice and turn the ice hot? Is it possible for a man to dip his hands into water and not get wet? These are impossible things. They are impossible because trying to conquer them goes agai nst the very basis of the reality of their nature & property. It is in the natur e of fire radiate heat. It is in the nature of ice to radiate cold. It is in the nature of water to make things wet. Just as the concepts of heat, cold and wetn ess are properties existing in nature, lust and desire are also elements that ex ist in an ignorant mind. We cannot change the heat radiating property of fire; b ut we can negate heat by dousing the fire. We cannot change the cold radiating p roperty of ice; but we can negate cold by sitting in a warm room. We cannot chan ge the property of water to make things wet; but we can keep ourselves dry by no t dipping our hands into water. In the same way lust cannot be conquered. It is a property, a tendency, and an element of ignorance akin to heat, cold and moist ure. Just as dousing the fire removed heat, one can insulate oneself from the ef fects of lust by staying clear of thoughts, words and deeds that generate lust. In other words, one can safeguard oneself from the heat of the fire called lust by dousing the flame of ignorance with the extinguisher called knowledge. The o bjective of the Brahmachari is not to conquer any element of nature but to estab lish himself in a state where he is unaffected by the presence or absence of the se elements. He accomplishes this by gaining true knowledge of the self. He work s to realize the truth that he is not the body, mind, intellect or consciousness but the pure, indivisible, unblemished, taintless and stainless 'Atman' or the 'soul'. Once this realization is achieved, it is irreversible. Nothing can make him revert to his earlier state of ignorance. Once there is no ignorance, there is no source for lust to manifest. But till it is accomplished, one has to stay clear of all sources that generate lust.

Q3: What is the reason behind periodic surfacing of lust?
A: All things in nature follow the law of duality. Night is followed by day, sum mer is followed by rains, good and evil co-exist, happiness is followed by sadne ss, ignorance and knowledge are two sides of the same coin. There is nothing in nature or 'prakruthi' that is unipolar. Everything follows the law of duality by being bi-polar. A man at the start of celibacy is also naturally bound by these laws as he is firmly anchored in the realm of 'prakruthi'/nature or the materia l manifestation of the universal consciousness through innumerable past actions and deeds. The tendencies formed by his past karmas surface every now and then a nd unsettle his decisions. His bonding to the laws of nature makes him roam in o pposites. A kind man might be induced into a cruel deed during a moment of thoug htless emotion. A sane man might get instigated into an act of insanity. Similar ly, a celibate who has vowed to never entertain lust again might forget all abou t his resolutions upon seeing an attractive member of the opposite sex. What doe s this demonstrate? It shows us that we are under the grip of ignorance when und er the influence of emotions, particularly the negative kind. The way to freedom from these dualities of nature would hence be to rise above these bi-polar tend encies and establish oneself in the unipolar state of true knowledge and soul bl iss through self-realization. Till then, one has to constantly persevere to stay clear of everything that can instigate deviation. With honest and determined ef fort, success will become more and more pronounced in course of time.

Q4: How should a Brahmachari deal with the aura of attraction created around him , especially as regards to the opposite sex?

A: The world we see is a reflection of our own mind. To a desirous and lustful man, the whole world is full of young, beautiful women. To an academician pursuing scholarly pursuits the very same world is full of books. To a mother nursing her new born infant, this world is nothing more than her child. It is our perspective and not people or situations that decide our course of thinking and action. When one constantly functions in the 'I-me-mine' ego plane, one loses track of reality and starts assuming oneself to be distinct from others. This further fuels the ego and kindles the entire gamut of negative emotions. Can a man be aware of his sexuality, attraction or looks when is deeply engrossed in reading a book or playing a sport? No. His entire mind, heart and soul are deeply involved in the activity and he loses track of who he is or how he looks during that period of serious involvement. Brahmacharya is to be approached in the same way. Why direct our thoughts into thinking how attractive or repulsive we are? Why spend our energy into pondering on how handsome or ugly we look to the opposite sex? The goal of the Brahmachari is to rise above ignorance and establish himself in his self. In what way are his attractiveness or ugliness connected with this goal? They have no connection. They are again nothing but offshoots of his latent lust and desire for the opposite sex. The desire and lust within him are making him look outward towards people with a similar perspective. Does he become aware of his sexuality/attractivenes in the presence of his mother or sister? No, because his perspective towards them is different. Developing a similar perspective towards other women, being engrossed with creative work, avoiding thinking about himself and ultimately viewing every living being as the soul and not the body is the key to get free from delusion.

It is always good to start a life of celibacy at the earliest and get on with life meaningfully. Teenage is the time when one's energy and vital power are abundant and virtually limitless. Embarking upon a life of Brahmacharya right from the onset of teens provides enormous benefits in each and every domain of life. The path to success would be not to get caught with the benefic effects/results that one gains from a short period of celibacy but to concentrate on the larger picture of succeeding in honest and true Brahmacharya of a life time following which man can own the real treasure of treasures called 'Realization of his self'.

God bless and have a nice day :-)
Dhananjay

Question
Hello Ian,

If I remember correctly you had mentioned there were sites depicting the human body in gory repulsive details.

Do you have any std links with you? I tried searching but could not find much.

Please let me know.

Thank you for your time!

Answer
Hello Srikanth

Just do a picture search on Gunther Von Hagens, like this:
http://cn.bing.com/images/search?q=gunther+von+hagens&qpvt=gunther+von+hagens&FO
...

You can then look at whatever it is that excites you (copulation, pregnant women, women etc.) and get instantly disgusted (as you should be).

Hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question
Hi Ian,

My humble pranams at your lotus feet. Though I came to know the importance of Brahmacharya from few books and websites, it is your unambigious and direct answers to the questions at this website that gave me true inspiration, gave me confidence that I too would become a strict celibate one day. I went for a straight 72 day period of spotless brahmacharya after I got in touch with the Q%26A here. I have been practicing pranayama and samadhi meditation and attending silent retreats regularly for the past 12 years, but everytime I lose satsanga, my energy would fall down and I am again back to squareone. It was only a few years back I realized the primal importance of Brahmacharya in the spiritual pursuit.

I have lots of questions, regarding the sadhana. And I am reiterating I am putting forward all these questions with utmost humility, as I see u as another personification of my Guru.

1.Now you said that you have been a strict celibate since mid-March 2006, Does that mean you have never lost even a drop of your semen either in ur waking state or in your dream state(wet dreams) in the past three and a half years, Is that true? Please clarify.

2.You say that when the semen is not thrown out, it is reabsorbed into the blood stream, How long does it take for the semen to get reabsored into the blood, I mean after how many days of Brahmacharya does this process start, and how do we come to know about this phenomenon, Is there a way to experience this thing directly?

3.I read in some books that if Brahmacharya is practised between the age 14-28, it is very useful , but if it is practised after 32 years , not much benefit is derived. Is this true?? (Becuase right now I am 31 and I did experience great energy levels during my 72 day period of celibacy.)

4.what happened on the day I slipped (after the 72 day period) was confounding. Just before I went to bed I had a sudden burst of some sexual images coming into my conscious mind from nowhere, even though I never thought about them with intent. Then when I slept, wet dreams started, I got up suddenly and tried to recompose myself with autosuggestion, but the sexual instinct has rebounded with such tremendous force that I experienced some amazing sexual fantasy as never before and finally ended up in masturbation. The temptation derived by the fantasy is so much that I sometimes think, " I am a fool wasting all these days not thinking about sex". My question is--Does these type of pitfalls that happen not increase the sexual vasanas(impressions) still more and is there not a danger that I might even disregard moral values to pursue the sex thrill after long gap of sexual starvation?

Answer
Hello Venumadhav. Great to get your questions! I will answer them as succinctly as possible.

Q: Has Ian Clark not had a wet dream since March 2006?
A: I won't answer this directly, but it should suffice to say that nearly all brahmacharis will have wet dreams when starting their God quest in earnest. Don't be upset that you have had a wet dream, but make a note of it in a journal, and try to reduce the number of these incidents throughout your religious practice.

Q: How is semen "absorbed"?
A: There are two ways. One is that since the practitioner does not lose semen in tentionally, he loses much less than the average man and therefore has to produce much less semen in the first place. I have heard from men who masturbate once a day. They may need to produce up to 30 times the amount of semen that your average brahmachari needs. The nutrition and extreme effort required by the body to draw up resources and produce this semen is therefore saved by the brahmachari, and he has these nutrients and prana available for a higher purpose. The second way is that the body may learn not to eject toxins via dead/used-up sperm still held in the body. The body may learn to eject them in other ways, or ideally the brahmachari will have less toxins in the body in the first place. In this case, no ejection occurs, and the unused cells are recycled, which saves the body a lot of energy, and saves the brain and psyche from the orgasm debacle.

Q: Is it ever too late to become a brahmachari?
A: In short, better late than never. For most people, waiting until past 33 will be late, because many habits are already clearly established by then. A notable example was Mahatma Gandhi, who became a brahmachari at the age of 34. We can see through his biographical material that though he was containing himself, he was still very mystified by the nude female figure.
http://www.straightdope.com/columns/read/2521/did-mahatma-gandhi-sleep-with-virg...

A very different example would be Srila Prabhupada. He did not become enlightened and give up the pleasures of family life until he was 55 years old – yet he became a great guru and saint. No matter what age you are, it's always necessary to stay in the struggle and try your hardest to escape the cycle of life and death. Your chance at this goal is likely to be one in a million lifetimes. We should seize this opportunity. On the chance that an older man will be a Srila Prabhupada, he should try his utmost at chastity and the spiritual life.

Q: Can I become dangerously pent up through chastity?
A: Desires aren't ever satisfied. If you scratch them, they just itch worse. Focus your attention on constructive things. Keep your spiritual diary and make sure that your periods of chastity are getting longer and longer, and that you are trying your hardest. Also make note of what positive, constructive goals you are now attaining. Remember that many of these are not possible for men who are impure and waste their prana and time on inane, fruitless pursuits which are generally referred to as "mammon".

In order to answer your questions, I've assumed certain corrections to your grammar and have tried to reduce them only to their root meanings. If I have failed in doing this, please rephrase your questions into shorter and clearer forms. Also for any follow-up questions here I'll request that there be no graphic descriptions of lustful activities. Please be vague about your sins so that both you and I don't have to relive them.

I sincerely hope that this helps. I wish you luck on your amazing, cosmic and uplifting journey into brahmacharya.

-Ian Clark
The Brotherhood of the Sacred Word

Question
Hello Ian,

1a. Say, one is celibate for a week for example.....I conserve my semen during this time. From my reading in several places, my understanding is that the seme

n gets absorbed by the body. Is this something which happens naturally or does o ne have to practice some kind of asana or breathing technique for it be absorbed .

1b. If it is absorbed naturally, is there a natural physiological frequency?

2. Does this absorption mean the transformation of sexual energy into Ojas? If not, is there a difference?

3. I remember reading somewhere that conservation without transformation can m ean no benefits. What are your thoughts?

Please let me know ..thank you for your time.

Answer
Hello Srikanth, great to get your question! I've summarized your questions and a nswered them below.

Q: Is sublimation necessary to absorb semen?
A: In the short term, no, but in the long term, yes. When you fist start, say fo r that week, or even up to four months, you can get away with not doing a lot of spiritual work. The body doesn't absorb in the strict sense, but rather, it rel ishes the feeling of *not having to produce it*. By not producing it in the firs t place, the body can use this energy and these nutrients to do more important t hings - like boost your IQ! During this period (though it is off-topic), a previ ous sinner will feel sore in the prostate, and it's important to know that this soreness is good and that the prostate is healing. Later on, prostate function w ill be greatly improved, and the soreness gone.

In the long term, however, someone who is trying to stay continent without havin g a spiritual life will fail. The semen will again go into production if the men tal and astral planes are not more purified. Though this practitioner does not d eliberately lose his creative fluid, it will still come out in sleep - in more o ften than just once a month (which we see as normal and OK).

So in the long term, definitely yes, you will feel a great need to have a strong spiritual practice in order to keep the benefits of celibacy coming in strong.

Q: "1b. If it is absorbed naturally, is there a natural physiological frequency? "
A: I'm afraid I don't understand this question. Please rewrite the question in l onger, clearer form, and ask it again in a follow up.

Q: Is absorption of semen the sublimation of sex energy into ojas?
A: It is in the long term. In the short term, "absorption" is actually just not having to produce it and using those resources for better things.

Q: Is conservation without sublimation without benefit?
A: Conservation without sublimation will eventually fail, because the practition er will not see the great blessings he started out with. He'll feel like he's ju st losing the fluid during sleep, and God is not giving him blessings - so why c ontinue? So past three or four months, it is especially important to have a spir itual practice along with the practice of conservation. This way the benefits ke ep coming and coming strong.

Hope this helps! Bless you always.

-Ian Clark
Brotherhood of the Sacred Word

Question
Hi. For a few years I have a prostate infection which I find very difficult to h
eal (bad karma probably :(
For a while after micturition I was feeling some prostatic juice coming out (at
first I didn't knew what it is... I just felt it is thicker than "normal" urine)
... back then I thought it was because of brahmacharya and I went to the doctor
late when I started to have some pains.
I took some medication for a while but I have never recovered completely.
Now sometimes in the morning I find semen in my urine :((Every morning I urina
te in a transparent plastic bottle to se if the urine is clean) I think my prost
ate is in tatters :(and because of the erection during the night the semen goes
into the bladder. I seldom have nocturnal pollutions but finding semen in urine
is practically the same thing as a pollution to me. To lose a little means to l
ose everything.
I practice badrasana (I read it is good for the prostate) for 1/2 hours daily a
nd I drink Xanthium spinosum tea (I don't know the english word.
Thank you.

Answer
Hello there :-)

Hope you are doing well. Let s try and get around your problem.

1. Semen in Urine:

Semen in urine is generally associated with the disorder Congestive Prostatitis . T
his is further to the prostate gland being subjected to congestion due to a cons
iderable period of erection and non-ejaculation, heavy vibration (such as hard r
iding on a motorcycle/ horse etc...) This could be onetime, periodic or chronic.
Since you state this has been there for some time, it is important that you imm
ediately consult a competent Urologist and get the problem solved.

2. Brahmacharya/ Prostate/ Night erections:

Now coming to the topic of brahmacharya, those who are/ have followed a path of
celibacy for a long time at the physical level only, abhorring sex/ masturbation
but with their thoughts and emotions constantly seeking/ being stimulated at th
e sex plane cause a jinx within their entire system. It is very important to aim
at celibacy in thought, word and deed. Mere physical repression beyond a limit
can result in various disorders at the mental and physical levels. The sex force
is a mammoth power. It can either be let free or if dammed by the concept of ce
libacy, has to be properly transmuted into a creative/ productive work force.

Erections during the course of sleep at night are perfectly normal and healthy,
even for a celibate. This has got nothing to do with sexual arousal. This always
happens during REM sleep (Rapid Eye Movement sleep). They occur on average ever
y 90 minutes or so and typically last around 25 minutes, about the length of an
episode of REM sleep. They have little to do with sex or erotic dreams, or with
anything you may have been doing during the day.

Expulsion of semen in sleep is another matter. It is generally a product of unfu
lfilled sexual desires in the awake state. Also possible is that your prostate m
ight have got infected to the point of malfunction resulting in sporadic product
ion of the prostatic fluid.

Diseases/ abnormalities connected to the sexual organs are generally a sign of n
egative karma, due to mis-deeds related to the above in the past. For example ev
en true celibates during the course of their first year of celibacy, have been k
nown to suffer from a bout of urinary infection and the like further to presence

of negative karma which needs to be worked out for further progress. Mans ascen sion in the path of celibacy is his journey back to purity and divinity. Negativ e karma if any, stored in his karmic account have to get worked out if he is to ascend higher. Some of these karma s are so strong that there is no way out but to go through suffering and thereby cleanse them.

In any case, I would request you to concentrate on competent medical treatment f irst till you solve the problem.

Hope you get well soon and enjoy vitality and cheer!
\

God bless and have a nice day :-)

Dhananjay

Question
does this cause testicular cancer

Answer
That's a great question, Jeff! I've summarized and answered your question below.

Q: Does chastity cause testicular cancer?
A: No, it does not. I've never heard of a celibate man getting it, and the celib ate men I know are in much better health than other men.

A more likely cause of testicular cancer would be tight underwear. We say this f or two reasons:

1. Testicles like breasts were placed outside the body in order to maintain a co oler temperature and
2. increase mobility.

Cooler temperatures reduce risk of fermentation or rot of waste within the gland s. Motion of these glands increases the blood flow (or more specifically, the fl ow of ? qì).

It is no wonder that with the advent of tight underwear for men and bras for wom en came testicular cancer and breast cancer. Tight underwear and bras commit thr ee crimes:

1. increasing temperatures
2. reducing mobility and
3. constricting blood/qì flow,

all of which promote the stagnation and rot of waste tissues within.

Spiritually, where do these cancers come from? They arise from lust and vanity - the desires to appear special to the opposite gender. Cancer is the karma given to people with these proclivities.

To avoid such illnesses, wear loose-fitting, comfortable clothes, and don't care about how women see you. The reports from men switching to boxers and women bur ning their bras are universally positive, with glowing reports of increased happ iness and comfort. Our ancestors wore very loose-fitting clothes - togas, soutan es, cassocks, flowing robes - and you don't see a Latin word for "testicular can cer", or an ancient Greek word for "breast cancer". There are traditional societ ies in China where people still do not have such words in their language (Islami c enclaves in Kashí,for example). Makes you wonder, doesn't it?

If you're interested in the issue of prostate cancer, please send a follow-up qu
estion.

Hope this helps! I wish you vibrant health always.

Ian Clark
Brotherhood of the Sacred Word

Question
QUESTION: I don't know if you know the religious implications of this, but what is the point of Christianity being against sex, its the only "sin" that doesn't hurt anyone else, like murder or stealing?

ANSWER: John

Thanks for your question!

Christianity means to follow Christ. Christ was a celibate. So in the most bas
ic sense, Christians have to strive to be celibate or chaste.

Christ and the apostles were all either celibate or chaste. That means some of them were householders (only having sex for procreation) and others were unmarri
ed and thus free of sex.

So technically Christianity isn't apposed to sex per se, but opposed to recreati
onal sex.

Orgasm causes a sharp high just like any other drug. This effect was recorded b
y researcher Gert Holstege. www.mrtao.com/holstege.htm

There is a high then a sharp downturn. It is very addictive. To meditators, yo
gis, and mystical Christians, it is a crude, damaging bliss, that ultimately mak
es people less blissful. The only true bliss is that found in permanent things
like meditation, coolness, love etc.

-Ian Clark

---------- FOLLOW-UP ----------

QUESTION: In your last response, you mentioned that some believe sex is a "damag
ing bliss." What, according to these people, makes things like drugs and sex "da
maging"? I can see that they could be damaging if one become addicted. However,
its very possible to do these things and not get addicted, so whats the harm?

Answer
John-

Many people have these questions, but do not voice them - so again thanks for yo
ur attention.

The scientific answer

It sounds like you may not have seen the graph which I provided a link to in my
first answer. It's at www.mrtao.com/holstege.htm

There is a graphical depiction of the brain chemistry of orgasm. This chemistry
 (according to Holstege) is practically identical to that of heroin rush.

Using this chemistrylingo, the orgasm, heroin or other powerful opiates cause th

e brain dopamine to "blast" or "rush". This is the peak you see. Men know this experience as a rush of blood to the head and a short blacking out.

Dopamine is a neural transmitter, so facilitates thought. Therefore during the rush the subject feels like they know a lot, are enlightened, or are getting some sort of peak experience.

The problem is with the crash. After the crash, the subject lacks dopamine and gets a semi-replacement for it - prolactin. Prolactin is calming and satiating, but doesn't inhibit thinking. During this period the dopapine is lacking, so the subject may look for another source (probably what just gave him his peak) and thus this is the state of addiction. This state in it's harshest form lasts for two weeks, after which dopamine returns to near normal levels. From between two weeks to nine months, the subject has clear recollection of orgasm, and will still have a tendency to seek it.

Interestingly, the male loses considerable testosterone in the act of sex (see "testosterone receptor inhibition").

The social/psychological answer

Some of the harms of recreational sex include:

1. The mind gets consumed with finding, getting and trying to keep sex experiences regular.
2. This consumption is not constructive to the individual's nor society's progress.
3. There are social conflicts over sex. For example, you are protective of your sister, though when you go to have sex, you are with some one else's sister. Jealous people will fight with potential competitors and so on.
4. There is corruption due to sex. If an official has shameful sex, then the people he was with can blackmail him and thus render him useless to implement justice. An individual can be locked into a less influential state in the same way.
5. Male interest in sex leads to more passive females responding by becoming sex objects instead of intelligent, spiritual beings.

Number six may seem not to pertain to the type of recreational sex you're talking about (with a girlfriend etc.), but the list would be incomplete without mentioning it:

6. An extreme version of #5, girls are sold, kidnapped or coerced into prostitution and porn (this is called 'human trafficking').

[People typically are unaware of this problem, so I've provided many references here:

Intro to human trafficking:
http://video.google.com/videoplay?docid=456480507747515257

and concerning the Russian angle:
http://www.youtube.com/watch?v=VJyYEQbDIEo

and the SE Asian angle (these are about Cambodia):
http://www.youtube.com/watch?v=4geLOEzH_6Y
http://www.youtube.com/watch?v=f7MJVQJnHcM

- "The US state department estimates that human trafficking will soon surpass drug trafficking [the #1 business]". "Between 2 and 4 million women will be sold

into slavery this year."

In England, the Czech Republic:
http://www.youtube.com/watch?v=dqaNIRMN49o

In Israel:
http://www.youtube.com/watch?v=cJnnd7vavfI

In Italy:
http://www.youtube.com/watch?v=do9KXid5vT0

In the USA:
http://www.youtube.com/watch?v=hkSwvCP4aa4
(CNN video, part 5 of 5).

In California:
http://www.youtube.com/watch?v=_pC-4gRgMwo]

7. Recreational sex becoming normal, people then start to get married for recrea tional sex partners instead of having a family. This is another instance of the sexer seeking titillation instead of constructive activity.
8. People get divorced because the sex isn't good enough, there isn't any spark left, etc. They begin to see a sexless marriage as "failed", even though they m ay have very healthy kids and a happy family.

I hope you found this list intellectually stimulating. Please feel free to expl ore this issue and ask questions as you see fit.

-Ian Clark

Question
Dear Dhananjay,
I want to know why all religions seem to agree or atleast it is mentioned in t he scriptures/books that sex/lust is an enemy to humans such as for instance ada m thrown out of kingdom of god for eating the apple.?
Is it true that when you lose semen you lower your brain capability? I have read some books on abstinence.

Thanks a lot
Diren

Answer
Hi Diren :-)

That's an interesting question. Let s try and get to the answer.

Religion is essentially a way of life and the aim of every religion is to ultima tely help man lead a happy, contented and healthy life while on earth and attain self-realization before leaving earth. Lust is considered a lethal enemy of man for various reasons, some of which I will try to outline:

1. Lust is among those primal 'pleasures' which is very sweet and heady at start but ends with pain. Lust diverts the very vital energies in man towards sating it. The 'pleasure' man derives initially while indulging in lust soon disappears . Hence he decides to indulge in more lust filled activity to regain this so cal led 'pleasure'. In the process of reaching for this elusive pleasure which is no thing but a mirage, he slowly starts depleting his physical, mental and emotiona l energies/ quotients. This depletion is not very visible during his teens or hi s early twenties, but starts to accelerate rapidly from then on.

The net result - Man becomes a hopeless addict running after that state of ecsta sy which he thinks sex/ lust will provide him, but which in reality is the mythi cal pot of gold at the end of the rainbow, ever out of reach and wholly non-exis tent. What is unfortunate here is that he loses his prowess in every sphere of l ife in his quest for sexual ecstasy. It is for this reason that lust is called ' The great cheat' promising great pleasure initially but finally cheating the sub ject with pain, leaving him ultimately a wreck! Man in this state becomes entire ly unfit to realize his oneness with god, which is why scriptures cutting across religions ask man to shun lust.

The same is the case with 'Adam' who strayed from his state of serenity, purity and the default divine state of his soul by eating the 'Forbidden fruit' of sexu ality.

2. Coming to semen, Yes man depletes his intellectual, physical, mental and spir itual capabilities when he loses his semen. Lust invariably leads to loss of sem en. Semen is in truth the very last essence of the digestive process in man. It is 'Saptha Dhatu' or the seventh and final tissue element of digestion. Accordin g to Hindu scriptures, it takes around 30 days for semen to form and this volume is spent in a single ejaculation!

Semen or Ojas is a fluid with the power in it to create new life. A man who has su cceeded in conserving and transmuting his semen into Tejas starts to develop shini ng cheeks, sparkling eyes and a magnetic, cheerful personality. His memory, shar pness and strength become notable. He is a talking squirrel, agile and energetic . As per the Bhagavad Gita and the Bible, Semen is God is motion. It is the very foundation on which all basis of life rests in a living being. Seminal energy i s the basis of great success in every sphere of life. You might have noticed the overall fatigue and lack of life energy soon after indulging in a seminal ejacu lation and the reservoir of energy one has when one stays away from the same for a period of time.

Hope this answers your queries. Get back to me for clarifications if any.
Have a nice day and all the best Diren :-)

Question
QUESTION: Ok I get the theory anyone can get the theory but making it actually w ork (if it does at all) is the hard part!

Ok so you save up your sexual desire by not having sexual release and you are su pposed to be able to channel this desire into non sexual tasks like making money , general motivation and creativity etc. You are supposed to be able to have as much lust for doing a non sexual task as you would for doing an attractive woman !?

Ive tried and failed heres what happened when I tried I hope you can tell me whe re im going wrong.

Ok so one attempt I waited for a long time got in the mood by watching porn and instead of jerking off I started to clean my house (which I dont much like) What I noticed is that I either did the house cleaning at a much slower pace than us ual because my mind was so distracted by sexual thoughts. Or I did the house wor k and after doing the work for about 15 minutes I completely got into it and for got about sex altogether and wasnt aroused!

So I completely failed to channel the sexual energy and I am starting to doubt t hat it works! If it does work how exactly step by step thought by thought do you make it work? Please explain in as simple and scientific way as is possible!

Secondly Ive trained my PC muscles to the point where I can stop ejeculation at

the point of no return just after orgasm. Allowing me to have multiple orgasms a nd maintain an erection and arousal for much longer than the natural way!

However it feels uncomfortable internally the orgasms arnt as good as the normal way and Im certain my ejeculation just gets forced into my bladder so I dont sa ve my ejeculation at all and I probably risk damaging my internal tubes?

My question is why on earth dont you loose arousal when the ejeculation goes int o the bladder as apposed to loosing it out the penis?

Is it safe to do this?

Lastly am I doing it correctly if my semen ends up in my bladder?

I will be gobsmacked if you can answer these questions no one else ive tried kno ws or can give a straight answer to them so good luck!

Many many thanks and kind regards!

ANSWER: Great to get your question, Sam.

I think it's important that we deal with this question, because many good men ar e struggling with sublimation and also the evil theories of Mantak Chia and left -handed (i.e., satanic) Daoists.

Where you are going wrong with sublimation is that you have yet to come up with a list of concrete, constructive and beneficial activities that you can do inste ad of abusing yourself. You may choose any of several activities like planning a trip, writing letters to your family, calling your friends, making inspiring we bpages, fixing up the house, cleaning and organizing your things – or many relig ious passions as well. After you've chosen what you should do, you should also f ind a way to make sure that you do those things. You can set a task schedule on your computer or cell phone, and set it up with an alarm. You can show your list to someone else and ask them to check on you. You can show your list to your pr iest or your best friend and make sure others know of your plans to do these thi ngs. You can also write a diary and make sure you ask yourself if you've done th e things you've promised yourself.

If you're not sublimating your energies, it's just a matter of better managing y ourself and your schedule.

Concerning multiple orgasms and such, this is harming yourself far worse than ju st being your average man who abuses himself to porn. It harms the brain more wi th more dopamine rushes. The prostate and other procreative forces are geared up , but are given no release. Perhaps fluids back up into your bladder, like you s aid. Perhaps they get left in the tubes, where they enter and poison your bloods tream. Did you know that:

1. Left-hand tantrists are all obsessed with sex, and the women they hang out wi th are essentially prostitutes?

2. They are so busy practicing their wicked arts that they forget there is a God and there's a lot of meditation to do in service of Him.

3, The act of getting aroused and not having proper release causes great harm to the prostate and other organs. A Chinese doctor here was treating a saxophonist here in Nanjing for prostate trouble and he specifically warned against holding in your creative fluid after great arousal. His specific words were, "You might as well slam your prostate with a sledgehammer if you do that." Also, notice th at the Arab world is free of prostate cancer, whereas White society is riddled w

ith it. We pride ourselves on our freedoms and that women can walk around dresse d in almost nothing. But in fact just seeing women improperly dressed stimulates men, and without release harms the male system.

Being celibate, we avoid both lustful thoughts and acts. None of us have ever, n or will we ever, have prostate problems. And considering that 85% of European an d White men die with prostate cancer in their body, that's quite an achievement.

4. The absorption of crude creative fluid that should have been ejaculated into the bloodstream causes auto-immune disorders and other diseases. If you want mor e information on this, check out this website against vasectomies: http://www.do ntfixit.org/ On this website or in his book it is revealed that the creative fl uid spilling into the bloodstream is the cause of all kinds of diseases. Sperm i s a foreign substance - like a separate life form - from our own. If it comes in contact with our bodies, it causes auto-immune reactions. Perhaps you've had pr oblems with your health in some other way, and it will be intensified by the lef t-hand tantric practices, because your body will have to fight off these strange bodies within itself.

In short: get organized, and burn your Mantak Chia book.

Hope this helps, brother!

-Ian Clark
Brotherhood of the Sacred Word

---------- FOLLOW-UP ----------

QUESTION: "Where you are going wrong with sublimation is that you have yet to co me up with a list of concrete, constructive and beneficial activities that you c an do instead of abusing yourself. You may choose any of several activities like planning a trip, writing letters to your family, calling your friends, making i nspiring webpages, fixing up the house, cleaning and organizing your things - or many religious passions as well. After you've chosen what you should do, you sh ould also find a way to make sure that you do those things. You can set a task s chedule on your computer or cell phone, and set it up with an alarm. You can sho w your list to someone else and ask them to check on you. You can show your list to your priest or your best friend and make sure others know of your plans to d o these things. You can also write a diary and make sure you ask yourself if you 've done the things you've promised yourself.

If you're not sublimating your energies, it's just a matter of better managing y ourself and your schedule."

Ive come up with the activities for sure but witholding sexual release dosnt see m to have any affect on getting them done in any different way than not witholdi ng sexual fluids! Can you be specific about how I can use the thought of sex to get more done in my life!?

Answer
Hello Sam.

Chastity helps you get things done because

1. You have a lot more time that is not being wasted on hunting women, thinking about women, sexing, wanking, worrying about women, dealing with their issues, d ealing with their control over you, worrying about STD's, pregnancies, planning out a family life, making enough money to go dating, and so on and so forth. I p

ersonally know a man who has saved so much time and energy through chastity that since 2006 he's had four jobs. He was a home owner with no mortgage at the age of 32. Who else can say that? Wankers cannot say that. They are wage slaves and slaves to lust. (Chinese celibates like him convene online at http://www.jiexieyin.org)

Wanker = loser. Loser of what? The male creative fluid, that's what.

2. Let's say chaste person A is competing with sexing man B on the same project. Why will person A win?

a. He has more testosterone. 150% more after only seven days, as a matter of fact. Mohamed Ali defeated his womanizing opponents with chastity. Gama the Great is perhaps the greatest fighter in Indian history, and celibacy was simply a part of his training program.
b. He has more focus. He does not have to think about how to scrape up money for dating and to impress women, he does not have to worry about women, and he does not have to plan out how he will attract or keep a woman. He will not be wasting time in the interim with viewing porn. He will not worry about STD's or other health problems. His health will be perfect, and he will have no need for doctors or medical counseling of any kind. (Monks live on mountains and have no hospital, and this poses no problem to them).

I don't know what specific projects you're working on, but whatever you do, chastity will always strengthen it. You'll finish the project early and have time for more, just like I also have many jobs and volunteer projects and still have time to volunteer at allexperts.com.

Hope this helps!

Ian Clark
Brotherhood of the Sacred Word

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Great to get your question, Sam.

I think it's important that we deal with this question, because many good men are struggling with sublimation and also the evil theories of Mantak Chia and left-handed (i.e., satanic) Daoists.

Where you are going wrong with sublimation is that you have yet to come up with a list of concrete, constructive and beneficial activities that you can do instead of abusing yourself. You may choose any of several activities like planning a trip, writing letters to your family, calling your friends, making inspiring webpages, fixing up the house, cleaning and organizing your things - or many religious passions as well. After you've chosen what you should do, you should also find a way to make sure that you do those things. You can set a task schedule on your computer or cell phone, and set it up with an alarm. You can show your list to someone else and ask them to check on you. You can show your list to your priest or your best friend and make sure others know of your plans to do these things. You can also write a diary and make sure you ask yourself if you've done the things you've promised yourself.

If you're not sublimating your energies, it's just a matter of better managing yourself and your schedule.

Concerning multiple orgasms and such, this is harming yourself far worse than just being your average man who abuses himself to porn. It harms the brain more with more dopamine rushes. The prostate and other procreative forces are geared up, but are given no release. Perhaps fluids back up into your bladder, like you said. Perhaps they get left in the tubes, where they enter and poison your bloodstream. Did you know that:

1. Left-hand tantrists are all obsessed with sex, and the women they hang out with are essentially prostitutes?

2. They are so busy practicing their wicked arts that they forget there is a God and there's a lot of meditation to do in service of Him.

3, The act of getting aroused and not having proper release causes great harm to the prostate and other organs. A Chinese doctor here was treating a saxophonist here in Nanjing for prostate trouble and he specifically warned against holding in your creative fluid after great arousal. His specific words were, "You might as well slam your prostate with a sledgehammer if you do that." Also, notice that the Arab world is free of prostate cancer, whereas White society is riddled with it. We pride ourselves on our freedoms and that women can walk around dresse

d in almost nothing. But in fact just seeing women improperly dressed stimulates men, and without release harms the male system.

Being celibate, we avoid both lustful thoughts and acts. None of us have ever, nor will we ever, have prostate problems. And considering that 85% of European and White men die with prostate cancer in their body, that's quite an achievement.

4. The absorption of crude creative fluid that should have been ejaculated into the bloodstream causes auto-immune disorders and other diseases. If you want more information on this, check out this website against vasectomies: http://www.dontfixit.org/ On this website or in his book it is revealed that the creative fluid spilling into the bloodstream is the cause of all kinds of diseases. Sperm is a foreign substance - like a separate life form - from our own. If it comes in contact with our bodies, it causes auto-immune reactions. Perhaps you've had problems with your health in some other way, and it will be intensified by the left-hand tantric practices, because your body will have to fight off these strange bodies within itself.

In short: get organized, and burn your Mantak Chia book.

Hope this helps, brother!

-Ian Clark
Brotherhood of the Sacred Word

Question
Hi Ian,

I have been practicising brahmacharya for over 2 months now and I am very impressed with the results particularly in meditation. I have read alot about people aquiring siddhis or powers through celibacy and meditation could you please explain in how these abilities arise within an individual? And if you have had any experiences which these Siddhis could you please share.

Thank you

Michael

Answer
Hello Michael! Great to get your question! I've summarized and answered your questions below.

Q: How do siddhis arise through celibacy and meditation?

A: The principle is the same as with fasting and other austerities. When you give something up to God, you are making yourself known to Him. Meditation without giving something up carries very little, if any force. Austerities increase the power of your will - they are the fuel of prayer and meditation.

God does not like to see His children suffer. The concentration of your will (meditation) during a time of austerity (celibacy, fasting, silence etc.) can afford you powers to realize your will in the material world, to stretch the boundaries of what you thought was possible before. This is all through God.

Before trying celibacy, you didn't think it was possible. Before trying fasting, you were reading articles and books which tell you nonsense like "You must eat five vegetable servings per day" and "you have to have n liters of water per day" etc. You discover that not only do you do not have these limitations, but that you can be very happy and powerfully in tune with the world and with God.

During my fasts (and I've been perfectly celibate for four years in addition), I often feel as if *everything* I see is a sign, specifically directed to me through God. There are *always* the most strange coincidences, numbers, sights and events during these times. And whatever I pray for at that time, I receive.

People have learned in their churches "ask and you shall receive", but what they often forget is that you must ask seriously. If I make serious signals to God, God will take me seriously. This is true for any man.

Q: What siddhis have you experienced?

A: I am an inexperienced and unworthy practitioner. But I have been given a taste of these powers during prayer and austerities. I have been granted my wishes and have been able to grant the wishes of others. I will list examples below:

1. I prayed for a friend's daughter, who had not been able to find a job or get her own living quarters for the better part of a year. On the third day of austerities and praying, she was called with a job offer and strangely, the boss who made the job offer also had living space available for rent. According to my friend, the prayer was very effective and helped his daughter to break through a long period of stagnation.

2. I prayed that a friend of mine would win his court case. It seemed cut and dry. A landlord had refused his rent money, then sued for late fees. It was a dirty trick that the landlord had played. We had seen the contract many times, but during austerities, a line in the contract had suddenly changed, that four different readers (a local consultant, a fellow store owner, myself and the accused) had never noticed. Suddenly, the contract was invalid, because the date in the contract had apparently changed, and the contract had thus expired. I went to court to see the proceedings, and the landlord had hired the most expensive lawyer in the city, assuming he was going to win and the lawyer would get him the highest settlement. In court, the lawyer could not believe what he was seeing or hearing - that there can be no late fees, because there is no valid contract. The landlord complained and the judge told him to shut up. The court ruled completely in our favor, and the opposing lawyer was left with a blank stare. We on the other hand, didn't even have a lawyer. Our case was argued by ourselves.

After austerities, all of us had realized how strange it all was. Why was the date in the contract suddenly changed? How could the most sensitive part of the contract suddenly "move" and then completely invalidate the claims of our enemy? Why would an experienced businessman and land lord choose to hire an expensive lawyer to pursue a breach of contract suit when there was no valid contract? My friend understood why, but our local consultant and fellow store owner could not believe the religious reason. They still see this happening as a mystery (China is an atheist country).

3. One of our brothers heard a certain obscene disk jockey on the radio who was perhaps the most popular or famous then. He condemned the man and did austerities. He prayed that the man would be defeated. On the third day of his fast, the news came that this disk jockey was fired from the radio station.

4. I went into austerities when my neighbors complained that their mother had been cheated out of 30,000 dollars online. They said she could afford the money, but that she was probably going to lose her sanity. Within a few days of my fast, they told me that they thought the money was stolen, but later the bank told them that in fact the thief - though he already had the numbers, name and password - did not actually take the money out of the account.

5. A friend of mine had his laptop stolen out of his office. I went into fasting at that time. After I came out of fasting, my friend called me and said simply

the strangest thing had happened. The thief actually came back to his office and returned the laptop, leaving it in a place the workers would find it. It is the only time I've ever heard of a thief returning a computer or anything worth thousands of dollars like that.

6. This one might seem silly, but I'll include it anyway. I had a vision that I would explain a picture that is hanging on my wall. After that vision I had another vision of a big, beveled, gold-colored number 47 - when I was counting my japa beads. I went to open the Krishna Book, which I had read half way a year ago and had not touched until then. I read a half page, then turned the page to the next chapter: chapter 47. The chapter was a detailed explanation of the picture that was hanging on my wall (the story of Radharani and the bee).

During one period of austerity I wrote down eight such occurrences, because I tend to forget them when I break the fast. In other times I have not written things down, but have been able to remember the more important blessings and occurrences. I know that what's written here is nothing absolutely amazing, but to me, these happenings definitely stretch the limits of what I think reality is and what God can do. I have heard the same experiences from other brothers. We can't prove what we are saying in a material manner, but we continue down the yogic path in part for these reasons. I think that we (and other religious groups) prove the truth of our claims through our devotion and persistence.

As you've been practicing for two months, you've experienced great feelings of nobility and strength. There is no limit to this process. Throughout your journey, you will constantly have more and more amazing experiences. Thus you're ideas about what is possible and not possible in this world will change, and you will both perceive new siddhis and not think they are all that impossible at the same time.

I hope this helps! Be well and stay strong.

-Ian Clark
Brotherhood of the Sacred Word

Question
Hi Dhananjay,

Thanks again for your answers to my questions. They are
always of high quality! You've inspired me.

I wanted to ask some more questions:
Are there any examples of modern day Urdhvarethas?
Did Sivananda achieve Buddhi Nadi?
Are you a member of a group of celibates/monks that help you
in keeping vigilant?
What do you read for inspiration (apart from Sivananda's
"Practice of Brahmacharya")?

Answer
Hello Emmanuel,

Good to know of your increasing interest in Brahmacharya. Coming to the queries,

Q1: Are there any examples of modern day Urdhvarethas?
A: Since the human efforts that go into achieving and then maintaining the status of a perfect Urdhvaretha are Herculean and extraordinary, I would suppose there are a countable number of Urdhvarethas across humanity who occupy the lofty state of soul bliss and immense power that the title commands. Coupled with this is the more important factor of divine support from the Almighty that is so very

necessary in the transformation of the normal man into a celibate of spotless ch
astity. The scriptures state that such Urdhvarethas are one in a billion. Also,
It wouldn't probably be wrong to say those who occupy such a status do not gener
ally advertise or proclaim the same, for they would be people high on humility f
urther to having realized the fact that man is a puppet in the hands of the mast
er puppeteer – The Brahman or Almighty. This makes practically pinpointing such
people a 'not so easy task'.

Q2: Did His Holiness Swami Sivananda achieve the 'Buddhi Naadi'?
A: Even if a layman with no interest in spirituality or celibacy was to read Swa
mi Sivananda's books on health, spirituality, yoga or Brahmacharya, he would ret
urn awed and inspired realizing the charisma, intelligence, nobility and radianc
e of the great soul that held the pen while writing these books. Such spectacula
r strength and ability to inspire the masses with words is a definite sign of a
man fueled by the power that only true celibacy brings. Swami Vivekananda also h
ad a similar power. When he addressed the Parliament of religions for the first
time in Chicago with the opening words 'Sisters and Brothers of America...", the
 entire audience stood up with sheer respect and awe at the radiance, gravity, p
ower and purpose emanating from the young monk in his twenties. Swami Vivekanand
a at that point of time was unknown and unheard of in the world of philosophy, r
eligion or spirituality. He had faced great difficulty even to enroll himself as
 one of the speakers at the gathering to the point of almost being counted out i
n the list, further to his anonymity. Yet he commanded a reaction from the audie
nce that would befit a king by his mere presence. This was due to the immense po
wer of 'Ojas' derived from lifelong, unbroken celibacy. When we study the lives
of such great men it becomes quite apparent that true Brahmacharya was the prime
 mover behind the final product. If we consider the magnitude of devotion Swami
Sivananda put into a life of Brahmacharya, spirituality and service to humanity,
 one would not be erring if one assumed him to have mastered numerous siddhis al
ong with the 'Buddhi Naadi'.

Q3: Am I a member of a group of celibates/monks?
A: I'm a married man and a father, who's into a joint life of celibacy with my w
ife and one among the thousands of celibate students across the globe, nothing m
ore.

Q4: What do I read for inspiration in Brahmacharya?
A: I'm basically interested in assimilating any work of substance on matters co
ncerning spirituality and Brahmacharya cutting across cultures, religions, caste
, creed and sect. Basically being a Hindu, my exposure to ancient Indian scriptu
res and treatises on spirituality and self realization such as the Bhagavad-Gita
, Vedas and Upanishads is on the higher side. However, I'm open to any source of
 writing that casts a possibility of adding to my knowledge. God inspires us and
 the books take credit!

God bless and have a nice day :-)
Dhananjay

Question
Hi Dhananjay,

I just wanted to ask what are
some great sleeping positions
for a Brahmachari?

Answer
Hello Jorge,

Good to receive your query. Coming to the answers,

Q: What is the correct way one should sleep?
A: The recommended position while going to sleep is to sleep on the left side of the body, on the left hand with the left nostril pressing against the pillow so as to keep the right nostril open.

The air currents passing through the left nostril control the right hemisphere of the brain and those passing through the right nostril control the left hemisphere of the brain. Each of these hemispheres in the brain control opposite and different kinds of qualities in a person. The left brain represents the male qualities of logic/reasoning and controls the fire element in the body. The right brain represents the female qualities of analogy/intuition and represents the water element in the body.

By closing the left nostril and breathing through the right nostril while retiring into bed, the left brain representing the fire element gets activated and this aids efficient digestion of food consumed during the day leading to sound sleep and relaxation.

God bless and have a nice day :-)
Dhananjay

Question
QUESTION: Hello Dhananjay
If a person has observed celibacy for a certain period of time and then slips(either voluntarily or involuntarily), does all the benefits/achievements he had accrued earlier lost and he reaches the level of a "normal" sinner?. I guess you got what I am asking and all its various implications...Does all his past achievements or austerities doesn't have any value or use?

ANSWER: Hello Chandrasekhar,

Hope this finds you fine by the grace of God. Coming to your query,

Q: Does a Brahmachari get back to square one further to a slip? What are the actual implications in reality?
A: A slip, be it voluntary or involuntary could be compared to taking two steps forward and one step backward. In other words, it is like effectively going back one step. Why not two steps backward? Because, In both cases an important 'lesson' is learnt by the aspirant.

A voluntary slip causes much more devastation and suffering than an involuntary slip. The pain and depression that follow are greater in magnitude as the involvement was at a deeper level and under the action of one's own will to a greater degree.

A voluntary or an involuntary slip (wet dream) are indications of some form of a deficiency as regards to one's efforts in the path of Brahmacharya. Most often, these slips are by themselves 'tutorials' enacted by destiny (The Lord's will) to make the celibate realize an eternal truth he has been oblivious to. They are pointers which occur in the path of Brahmacharya to make the aspirant open his eyes to reality by waking him up from the delusive sleep under whose influence he has wrongfully assumed certain falsities to be realities. Thus we may infer that each and every fall/failure that occurs in the path of Brahmacharya (and life also) is a divine occurance enforced by God to make us see the truth for what it is and to give up the path of delusion which we have erringly assumed as truth.

We can bring clarity to this concept from the following example. Let us assume that there is a man 'X' pursuing the path of Brahmacharya. This man with much effort has given up sex, masturbation, pornography and other physical forms of sexu

al activity. He has succeeded to a large extent in keeping sexual thoughts from flowering in his mind by nipping them at the bud when they start showing their faces. His aim is to become a spotless celibate even free from wet dreams. Further to his desire, urge and efforts to reach such a state of purity, he has not had wet dreams from the past few months. He now finds the benefits of Brahmacharya trickling in. He finds more energy at his disposal. He finds his memory and concentration getting sharper. He finds that the confidence, power and ability to get work done and excel in his line of activity have increased quite notably...

Now Mr. X has derived all these benefits due to his persistent efforts and the grace of God. He has to a large degree, also succeeded in giving up sexual fantasy, erotic imagination and looking at the opposite sex with lustful eyes. What happens next? Mr. X becomes a little overconfident. He starts assuming and telling himself that he has conquered passion and has become an 'Urdhvaretha'! He starts believing that he is immune to lust and has reached a supreme state of purity. Now suddenly, a small change occurs in Mr. X's attitude and approach. As with most cases, Mr. X occasionally starts taking the liberty of looking over members of the opposite sex telling himself - " I have now reached a state of purity and looking at the 'beauty' of a lady cannot harm me". He starts occasionally viewing beautiful women when he is out in public places. Next he tells himself that just a 'few seconds' of willful fantasy and 'enjoyment' at the sight of attractive women will do him no harm as "He has reached the state of high purity" and will not get upset in his state of Brahmacharya. This train of thought leads him to 'enjoy' the sight of attractive women every now and then though he continues to abstain from physical sex, masturbation and pornography.

What happens next? A few days/weeks later Mr. X will experience an erotic dream in his sleep that culminates in a massive 'wet dream'. It drains him of his vital energy and leaves him depressed, drained and direction-less. He is suddenly left high and dry and stunned on as to why such a loss of semen occurred in spite of his strict abhorrence from sexual activity. Suddenly he finds that all the self-confidence, energy and ability he had developed over the past few months has gone down the drain.

The involuntary fall in form of the wet dream becomes a humbling experience for Mr.X. He suddenly wakes up to the gross reality that he is nowhere even 'close' to the 'absolute' state of purity he had imagined himself to be. He realizes that he was quite foolish in even daring to assume his self-proclaimed state of divinity. The pain and depression he went through further to the wet dream scare him of further downfall and he quickly mends his ways by giving up all forms of 'women watching' that lead to mental and amorous fantasy. He becomes high on humility realizing that his own power and strength will leave him in a trice if his efforts at celibacy become lax and casual. He has learnt one important lesson in the path of Brahmacharya!

What do we learn from the above example? We learn that the 'slip' which Mr. X experienced was in reality a masterful stroke of the Lord Almighty intended to make 'X' realize the falsity of his superiority complex and misplaced over confidence. Thus the 'slip' was in fact a blessing in disguise that actually made Mr. X mend his ways and get closer to reality. The pain he experienced further to the slip has left a strong mark in his mind which will prevent him from reverting to his earlier mode of thinking. The 'slip' has become a learning experience that will help him take one irreversible step forward in the path of progress.

The Great Lord ensures that as many such 'slips' as are required to 'correct' the aspirant's 'wrongs' occur in the path of the celibate when his quest for absolute Brahmacharya starts. The aim and intention behind these slips is not to harm /hurt or cause failure to the aspirant but to ensure that he gets closer and closer to perfection by the realization of his mistakes. These slips are the 'invisible' hands through which God corrects our shortcomings and makes us get establi

shed in higher and higher states of purity. Till each and every train of thought and action that is unreal and erroneous exists within us, we may continue to experience failure and downfall. The degree and intensity of these 'falls' will depend on the 'extent' of deviation from the correct path.

What a great and genius teacher the Lord is! In spite of being invisible to the naked eye and In spite of being Incomprehensible he is mighty and efficient enough to cleanse us of our mistakes and help us learn the truth in a manner in which we shall never again repeat the crime! The 'right' path one must take in life is professed by books of divinity such as the 'Bhagavad-Gita', 'The Bible' or the 'Quraan'. All these books profess the one and same thing finally. Their means may be different, but the ends are the same. They are all like the million 'Radii' that can be drawn within a circle. Each radii comes from a different direction and from a different point on the circumference; But all the radii have nowhere else to go but meet at the center of the circle. Just as there is one and only one center that a circle has, there is one and only one single, all powerful entity that rules the world called 'God-Almighty'. Everything is encompassed within the Supreme Lord and nothing and nobody can function independent of him. Whether someone believes in this absolute truth or doesn't makes no difference. That which the Lord has decided will happen whether we want it or don't. Smart and sensible people learn this divine way of God's functioning quite early and walk on the 'right' path. The less sensible ones immersed in their own 'ignorance, arrogance and untruth' prefer to take the hard way of learning these eternal truths of life through pain and suffering. Why not take the easier path of 'virtue, purity and Godliness' to a happy life and after-life instead of the longer, tougher and painful path of 'sense pleasures' to learn these eternal truths from suffering and finally revert to the same divine path after learning things the hard way?

So the answer to the query would be that the 'slips' encountered by an aspirant are the 'learning instances' that occur in his path... Does all his past progress and austerities/efforts have no value? Even if they don't have value in the context of unbroken celibacy which, Yes he has to start all over again, they do have value in terms of teaching him priceless lessons regarding the falsities of sense pleasures and the absolute divinity, permanence and truth of the Supreme concept called the 'Almighty Lord'

God bless and have a nice day :-)
Dhananjay

---------- FOLLOW-UP ----------

QUESTION: Dhanajay
Thanks for the detailed reply.. It clarifies the main point,but still I have 2 more questions which will cover a different area.
1)A break/slip would push back one into the delusion in terms of God realization and purity, and a person will be feeling the depression.... but in terms of the lesser things, like, some thing he must have achieved during his celibate state, namely, some kind of physical/mental/intellectual skills or achievements...what happens to them? Do they also go waste and he becomes a dummy in those areas also and has to start all over again ?

2)What happens if he wants to break his celibacy for an absolutely "dharmic" duty, ie, for some thing like having children with his wife.

Answer
Hello there, summarizing you queries,

Q1; What happens to the physical/mental/intellectual skills acquired further to a slip?
A: The answer previously given applies to all repercussions in totality. It is two steps forward and one step backward. There is a temporary setback and decrease in the physical, mental and intellectual level of the aspirant. While these setbacks are not serious enough to push him back to square one, they still set him back of his previous mark to the applicable extent. However the lessons learnt and pain experienced take the aspirant that much closer to reality. But he also has to repeat that many days/months or years of Brahmacharya to revert to his earlier 'level' and 'feel'. It is like an athlete sprinter who has lost the race further to wrong food and wrong practice techniques. He has now learnt where he made mistakes. But mere learning of his mistakes doesn't help him win a medal. He still has to apply his newfound knowledge and participate in the race once again the coming year and win the medal.

Q2: Is the celibate allowed to break his vow of celibacy for producing offspring?
A: The purpose of the sexual act is procreation and not recreation. When carried out with the sole objective of producing offspring with the legally wedded wife, the sexual act becomes a deed of divinity and holiness. Under such circumstances, a celibate is allowed to visit the wife and indulge in the act 'Once' per wanted child (at the time of her monthly fertile period). Again, he indulges in the act to produce a wanted child and not to enjoy sensual pleasure. Also, the energy he loses further to expenditure of semen for fathering a child will be minimal considering he has already put in many years of practice in the domain of virtue. Such an expenditure of semen doesn't wreck him physically/mentally and emotionally like a voluntary slip would.

In spite of the act carried out under such circumstances being holy and justifiable, loss of semen is loss of semen in terms of unbroken celibacy. It is like money kept in a bank account. Even if one were to spend the money on a constructive and valid purpose, there will still be a corresponding reduction in the total sum of money in the account. The expenditure being valid and constructive doesn't mean there won't be a reduction in the final bank balance. It only means that money has been used efficiently and rightly.

For this reason, celibates wishing to practice unbroken celibacy start such practice after they are done with fathering children so they can concentrate fully on their spiritual life and enrich it with absolute and unbroken celibacy. Till such a time, they are allowed the 'break' if it is with the legally wedded wife and if it is carried out 'once' per wanted child till conception occurs. The sperm concentration and virility of a Brahmachari who has put in long durations of Brahmacharya is generally potent enough to ensure conception with a single act of copulation if God wills for the couple to have a child and if carried out during the wife's monthly fertile period. This doesn't in anyway mean that a man can lead a licentious life till fathering a child. Celibacy is a mode of life that is to be carried out at all times and places, immaterial of one's marital status if one wishes for the superlative results that Brahmacharya bestows. It only means that one can devote oneself wholly and completely to 'unbroken' Brahmacharya as soon as he is done with fathering a child or two.

God bless and have a nice day :-)
Dhananjay

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What happens next? A few days/weeks later Mr. X will experience an erotic dream in his sleep that culminates in a massive 'wet dream'. It drains him of his vital energy and leaves him depressed, drained and direction-less. He is suddenly left high and dry and stunned on as to why such a loss of semen occurred in spite of his strict abhorrence from sexual activity. Suddenly he finds that all the self-confidence, energy and ability he had developed over the past few months has gone down the drain.

The involuntary fall in form of the wet dream becomes a humbling experience for Mr.X. He suddenly wakes up to the gross reality that he is nowhere even 'close' to the 'absolute' state of purity he had imagined himself to be. He realizes that he was quite foolish in even daring to assume his self-proclaimed state of divinity. The pain and depression he went through further to the wet dream scare him of further downfall and he quickly mends his ways by giving up all forms of 'women watching' that lead to mental and amorous fantasy. He becomes high on humility realizing that his own power and strength will leave him in a trice if his efforts at celibacy become lax and casual. He has learnt one important lesson in the path of Brahmacharya!

What do we learn from the above example? We learn that the 'slip' which Mr. X experienced was in reality a masterful stroke of the Lord Almighty intended to make 'X' realize the falsity of his superiority complex and misplaced over confidence. Thus the 'slip' was in fact a blessing in disguise that actually made Mr. X mend his ways and get closer to reality. The pain he experienced further to the slip has left a strong mark in his mind which will prevent him from reverting to his earlier mode of thinking. The 'slip' has become a learning experience that will help him take one irreversible step forward in the path of progress.

The Great Lord ensures that as many such 'slips' as are required to 'correct' the aspirant's 'wrongs' occur in the path of the celibate when his quest for absolute Brahmacharya starts. The aim and intention behind these slips is not to harm/hurt or cause failure to the aspirant but to ensure that he gets closer and closer to perfection by the realization of his mistakes. These slips are the 'invisible' hands through which God corrects our shortcomings and makes us get established in higher and higher states of purity. Till each and every train of thought and action that is unreal and erroneous exists within us, we may continue to experience failure and downfall. The degree and intensity of these 'falls' will depend on the 'extent' of deviation from the correct path.

What a great and genius teacher the Lord is! In spite of being invisible to the naked eye and In spite of being Incomprehensible he is mighty and efficient enough to cleanse us of our mistakes and help us learn the truth in a manner in which we shall never again repeat the crime! The 'right' path one must take in life is professed by books of divinity such as the 'Bhagavad-Gita', 'The Bible' or the 'Quraan'. All these books profess the one and same thing finally. Their means may be different, but the ends are the same. They are all like the million 'Radii' that can be drawn within a circle. Each radii comes from a different direction and from a different point on the circumference; But all the radii have nowhere else to go but meet at the center of the circle. Just as there is one and only one center that a circle has, there is one and only one single, all powerful entity that rules the world called 'God-Almighty'. Everything is encompassed within the Supreme Lord and nothing and nobody can function independent of him. Whether someone believes in this absolute truth or doesn't makes no difference. That which the Lord has decided will happen whether we want it or don't. Smart and sensible people learn this divine way of God's functioning quite early and walk on the 'right' path. The less sensible ones immersed in their own 'ignorance, arrogance and untruth' prefer to take the hard way of learning these eternal truths of life through pain and suffering. Why not take the easier path of 'virtue, purity and Godliness' to a happy life and after-life instead of the longer, tougher and painful path of 'sense pleasures' to learn these eternal truths from suffer

ing and finally revert to the same divine path after learning things the hard way?

So the answer to the query would be that the 'slips' encountered by an aspirant are the 'learning instances' that occur in his path... Does all his past progress and austerities/efforts have no value? Even if they don't have value in the context of unbroken celibacy which, Yes he has to start all over again, they do have value in terms of teaching him priceless lessons regarding the falsities of sense pleasures and the absolute divinity, permanence and truth of the Supreme concept called the 'Almighty Lord'

God bless and have a nice day :-)
Dhananjay

Question
i am living with a celibate woman and occasionally i cant stand it so i am given oral sex by another person ,can you tell me what is the spiritual cost of oral sex;thankyou

Answer
Thanks for the question, Jeff! My answer is below.

Q: What is the spiritual significance of oral sex?
A: Oral sex is spiritually very damaging to both parties involved. For the receiver, it is an insult to their manhood. Their generative organ is placed in a dirty, barren (infertile) place. The human mouth is said to be four times dirtier than that of a dog, just by bacteria counts. And in older studies, it was noticed that human bites caused more disease than animal bites.

As it is not generative, it belongs to perverse activities - like: pedophilia, necrophilia, bestiality, masturbation...or any other idea of putting this organ in the wrong place at the wrong time so that the effect is barren and impotent. All forms of non-generative sex are in fact recreational, and any addict of one kind of recreation can justify himself on the grounds of personal preference. You say, "I prefer oral sex." He says, "I prefer anal." Then some other guy says, "I prefer pigs." Then someone else says "I like little boys." And so on. There are no logical grounds to say that one form of recreational sex is better or less damaging than another. They are all perversions, non-generative, and infertile. They all have serious consequences.

From the perspective of the doer (we could call her the thief or a witch), she is no better than a dog in this act, as dogs are very attracted to the filth that is in the rear end. Dogs sniff this area of each other often, even though their sense of smell is much more powerful than ours. It takes a very jaded and unspiritual person not to be aware of this stench, what occurs in the lower quarters of the body, or what is stored in that region. It is not an uneducated guess that is propounded upon in ancient scriptures that people committing this sin will be reincarnated as dogs.

As with all perverse activities, the man will lose his creative fluid which is bled out from below. He will suffer loss in perceptive abilities, energy, and nutrition. His relation with the outer world becomes awkward. His relationship with whatever woman he did this with becomes complex, unhappy or difficult (as the opposite of Platonic relationships). He has harmed himself and others.

We think if you consider all aspects and the big picture, you'll find that this habit that you've mentioned is not worth it. It will be much better to stay clean, healthy and productive.

Hope this helps!

Ian Clark
Brotherhood of the Sacred Word

Question
How should one choose a spouse for marriage such that she supports celibacy? Wha t should be the minimum age difference between man and woman? Is it possible for women to be more active sexually than the man, if the man has been celibate? Ho w is this difference reconciled? In the present world scenario it is very hard t o find such virtuous women with high character who support such high standards l ike celibacy. Where should one start the search? Should one marry a working woma n or not?

Answer
Hello Amit,

Trust you are doing fine, Coming to the answers,

If a person's efforts, commitment and devotion to the concept of Brahmacharya ar e genuine and persistent with constant God-meditation and prayer asking for remo val of all obstacles in this path, God invariably blesses such a person with a h usband/wife who will be supportive and encouraging to Brahmacharya.

It is the intensity and longing one has for Brahmacharya that matters. One's att itude should be
"There is nothing more important and more attractive to me in this existence tha n the realization of God through the divine act of Brahmacharya. I do not want a ssociation with anything or anyone who comes in the way of this mode of life". O ne who has such commitment, love and devotion to Brahmacharya will without doubt eventually succeed in becoming an Urdhvaretha. Getting an understanding husband /wife is a very trivial and small happening that will be taken care of within th e twinkling of God's eyes.

Progress in the path of Brahmacharya is never 'instantaneous'. Numerous obstacle s, temptations, impediments and problems will be laid in the path of the Brahmac hari by God himself to 'test' how faithful and committed the person is. These ar e like the exams a student has to pass to be awarded with a degree. Will a stude nt be given a graduation certificate just because he claims he has gained knowle dge and mastered the subject? No. He has to prove his knowledge by faring well i n the various exams year after year, after which he is finally awarded with a de gree by the university for his accomplishments. The success, enormous power, bli ss and God-realization that come further to Brahmacharya are very similar. They will come and undoubtedly reside in the man who has honestly, sincerely and lovi ngly committed himself to God through Brahmacharya by years of unbroken celibacy come what may and not in a few days or months. But they will come; they will su rely come. Our's is to strive and plod honestly and not worry about 'when' and ' how'. These are things which will be decided and forwarded by God in his own acc ord.

There is a saying- "The right approach for a man is to give ninety percent of hi s energies towards love and prayer to God and the remaining ten percent as love for his wife. Then the wife will forever adore and be after the man trying to wi n the remaining ninety percent"!

The male and female energies are created by God for the continuation of 'Samsaar a' or manifestation of the outer world that we see comprised of people, their th oughts, actions and their creations. By default, the female energy by itself lac ks definition. In other words it lacks form, structure and boundary. It is indef inite, deep, mysterious and unbound like the dark night. The male energy on the other hand signifies definition. In other words it depicts form, structure and a

well defined boundary. It is definite, shallow, clear and bounded in sense of t angible perception. These two energies are the two forms of the one single God t hrough which he operates. These two energies represent the dualities of nature. Till one reaches a state of union with God beyond the domain of the dualities, e ach energy complements the other. Till then, each energy is in a state of imbala nce without the other and each needs the other to complete itself. For this reas on, the concept of marriage and a family is Holy, sensible and purposeful.

The female energy characteristics of lack of definition and unbound depth make a woman feel incomplete and empty by herself. She is forever in search of that so mething which will give her a sense of definition, direction and completion. In the same way, there is a sense of incompleteness in a man until he finds a 'wort hy' woman who can be the object and means of expression of his qualities of stre ngth, bravery, firmness, self-confidence and a sense of purpose and direction. W hom he can protect, provide and take care. From whom he can enrich his life with the feminine qualities of kindness, consideration, understanding, affection and true love. These two equations are basic and form the substratum of the need fo r matrimony and family. They are the pillars on which a healthy and happy family unit is formed. No matter how modernized, sophisticated and advanced the world gets, these basics can never change. This is the law of creation which is perman ent and eternal.

The qualities which the woman fundamentally lacks are present in abundance in th e 'real man'. So when a woman comes across such a man who stands for and represe nts 'definition' (which she lacks) through his qualities of bravery, strength, f irmness, sureness, confidence and a sense of direction, which form the 'male sub stratum', she finds an opportunity to end her sense of 'incompletion', 'indefina bleness' and 'emptiness' by associating with the 'very opposite' of these lacuna e within her that he represents. Once a woman finds such a man, she revels at th e sense of completion and definition that she suddenly experiences and her life gets a 'direction' and sense of purpose at the innate level. A woman who has fou nd such a man who has thus 'completed' her incomplete nature will willingly and lovingly follow, assist, understand and stand by the man who has driven away her deficits and has provided her with what she needed the most 'A sense of securit y, direction and purpose'.

When a man is governed by these qualities and is hence firm, sure, brave and con fident of what he wants in life with the zeal and tenacity to pursue it, his wom an feels an admiration for these qualities that he possesses and will most natur ally be supportive and understanding in whatever path he chooses and offer him h er valuable qualities of love, affection, kindness, concern and steadfast loyalt y.

The problems of lack of love, non-admiration, unkindness and an insupportable na ture from a woman towards her man most often arise due to lack of the 'manly' qu alities in the man and when man deviates from the 'true' nature which he should be anchored to. Most often, men and not women are to be blamed for the resulting scenario. What wrong does the man do? Instead of being steadfast in his nature and true to the 'male qualities' mentioned earlier with a sure sense of directio n, man runs after the woman begging for her 'approval', idolizing her as a preci ous 'object' of pleasure and seeking to 'please' her with money, gifts and mater ial possessions as a substitute to the priceless 'real man' qualities mentioned. This is like making a statement -" Since I lack the priceless qualities of brav ery, sureness, self-confidence and a sense of direction, I am substituting them with these expensive gifts, dinners, constant words in praise of your beauty and a promise that I shall ever be your slave and do whatever you want me to do in return for your company, lots of sex and your undivided attention and loyalty to me'...

What will be the reaction? The woman who came to the man seeking him as her part

ner with a hope that he will be the embodiment of priceless 'true male qualities ' finds that he is worse than she herself in this domain and lacks the grit, wil l, determination and confidence a man must have in himself and is instead a timi d, effeminate and direction-less weakling who is prepared to give up his self es teem and self respect for the pleasures of her body, company and attention. This realization in the woman make her look down at the man and results in an attitu de of scorn, disgust and loathing towards the man. Once a woman reaches this sta te as regards her partner if still not married, she will avoid and eventually le ave him. If it is with her husband after marriage, she will constantly curse her fate for having given her such a 'spineless' man and shows this discontentment outwardly through bad mouthing, condemning and rebuking the man at every possibl e excuse. She will fail to be supportive in his endeavors and does not find him worthy enough of her affection and attention.

There are women 'Gold diggers' that may stay by such a man if he were rich and p owerful for the sake of financial security or gains; but such a man can never wi n the love, respect, admiration and unconditional devotion of a woman that comes further to manly qualities of substance.

If a man wants his wife to be loving, considerate, affectionate and supportive t o his aims and objectives, he first needs to develop and be wedded to qualities that befit his maleness. He first needs to be self-reliant with himself and not a slave of sex and passion. He needs to be the embodiment of at least a few if n ot all the aforesaid qualities mentioned to make the woman look up to him with r espect, admiration and awe. This will naturally induce the woman to respond to t he man with loyalty, attention and devotion. She will then naturally strive to e nrich his life with her feminine qualities of kindness, affection, unconditional love/support and will try try her best to please him. The man also can then cor respondingly respond with consideration, understanding and kindness from his own side towards her and this results in a marriage which is stable, happy and purp oseful to both the parties concerned. Whether the wife is a working woman or no t becomes a trivial issue of not much concern. But a man who craves after the fe male physical form and has a mind constantly fixed in lusting after female sexua lity can never achieve this. His wife will always feel the 'pressure' to look 's exual' as she is in a constant state of competition with other women trying to w in his attention. In the company of a man who is virtuous, God-loving, firm and sure about his ideals and not devoted or besotted to sex as a form of pleasure, the approach to sexuality that a woman has eventually alters. She adjusts her pe rspective accordingly and falls in line with the man's way of thinking and appro ach. Nature has made woman very adaptable and has given her the strength to chan ge herself to a large degree. What is required is a man who is worthy in the lad y's eyes and who can inspire and dynamize a woman to change accordingly.

As regards how a Brahmachari can find such a such a woman, he can find such a wo man through his rock steady conviction and commitment to God through Brahmachary a itself. When the right time comes, he will come across a 'soul' that is destin ed to be his wife and support him in his quest. He can then proceed with fatheri ng a child or two and the couple can work jointly towards leading a life of blis s filled Brahmacharya in the constant thought of God. One and only one thing is required of the celibate -"That he be wholly and honestly devoted to God through Brahmacharya come what may", following which all the right things and right peo ple will happen when the time is ripe!

God bless and have a nice day :-)
Dhananjay

Question
Hi Ian,

Trust this finds you in high spirits and cheer. I'm a celibate who's into unbrok

en celibacy since the past 1 year without slips. I had only a single wet dream i n this past year. However a new problem has started of late. Three weeks after c ompleting my one year of celibacy, I had another wet dream. I discounted it thin king an occasional wet dream is of no consequence, especially since I sailed thr ough the whole year with just one involuntary emission. Ever since this recent w et dream, recurring sexual dreams have started almost on a daily basis. Yesterda y, the subject in this dream (an unknown woman) induced sexual contact very cunn ingly and deceitfully and almost took me to the point of an ejaculation (I felt great pain in the penis at that time but somehow held back the urge to ejaculate at the last minute). Upon waking up and examining myself, I saw that a drop of pre-cum had managed to escape afterall. As in the aftermath of an wet dream, I f elt drained and tired with a burning sensation under my eyes. It's now over 4 ho urs since I've woken up but the pain in the penis further to the drain of psychi c energy still exists (ejaculation under any circumstance is painful to me, whic h I understand is normal for strict celibates after some time).

I suspect that a succubus or an astral entity is trying to drain me of my vitali ty by trying to induce continuous wet dreams. It seems to take various forms and faces, some which i know and some that I dont. My success at driving away this astral being has not been very good as it seems to be very adept at tricking me into sexual encounters in the dream state. How have you handled such situations? I enjoy the celibate state and am now a bit worried that more such dreams coul d make me loose the seed eventually in large volumes. I would be grateful if you could shed some light on the matter and help me free myself from this occurance . Thanks and God bless..

Answer
God bless you, Carty.

Yes a succubus in my experience can be dealt with through a simple though powerf ul meditation/visualization exercise:

Attempt to view the most beautiful woman you could imagine in front of you. Afte r you can clearly see her there, visualize that you are taking in very bright or even rainbow light into your body as you breathe in, and that your body is a cr ystal which can store light. After you feel a great amount of prana is there and no more light can be stored, either physically or mentally place your hands out in front of yourself towards her image and soak her with light. Soak her until all the light is gone in your body. Repeat this exercise for thirty minutes.

If you do this before bed, I guarantee that you will not see her in your astral plane, as you have effectively neutralized your passions first before going to s leep.

Hope this helps!

-Ian Clark
Brotherhood of the Sacred Word

Question
Hi...I totally believe in celibacy and it is the highest way.
My fiance and I are having sex but I want to take it to a HIGHER LEVEL....Tantra Yoga, Kama Sutra....brain sex, no orgasm...
....Being total celibate would not work now, but what things can we do to slowly GET to a more pure life.
I am vegetarian and he isn't ...and I truly would love to have a spirit guide to guide the relationship to a higher more loving sexual, purer level....Any sugge stions would help....of books or videos etc...Thank You..Angela

Answer

Nice to meet you, Angela. I've summarized your questions below and have answered them to the best of my ability.

Q: How can a sexual relationship get to a higher level?
A: The first step to getting there from where you two are now would be to stop using contraceptive objects/devices and use NFP (Natural Family Planning) as recommended by Catholics. This method at least forces the man to prove his self control for two weeks out of every month. The next step would be toward being householders, which are couples who only have intercourse for procreation. The male will also leave the home after intercourse for around two days, to avoid some of the negative cosmic effects to his relationship with his wife. Master Yogananda, for example, was a child of this kind of marriage.

Now allow me to comment on two things, i.e., the kama sutra and meat eating.

Re: the Kama Sutra

The Kama Sutra is a gross manual on sex positions. Its theme is lust. It is probably one of the most boring books I've ever read, something like "900 Ways to Stick a Pole in a Hole". To a chaste person, it is in no uncertain terms, an atrocity. It will take you and your partner several years of chanting and religious work to rid your minds of that insidious toxin - the images, the descriptions.

Tantra Yoga, on the other hand, has a right-hand path which can probably be Platonic or fitting for householders. From what I've understood, it simply means that a man and a woman do their religious work together, and try to help one another to Nirvana.

Re: Meat eating

"Meat eating" is actually a euphemism used in Hindu texts for having intercourse. This is likely because the act involves the mock eating of flesh (kissing etc.). Today I believe the word for "eating" in Brazil is slang for having intercourse and there are many examples in our own language as well. Also, for men, intercourse involves haemorrhaging of his flesh. This then means that when a man is sexing, he craves to "restore" his lost flesh by stealing it from animals. Spiritual people will understand that this is futile, that the dead flesh of a once-living animal cannot impart more energy to a man than blades of grass. But there does seem to be a temporary and confusing effect of meat eating, which gives the consumer the feeling that he has been restored to his former state of energy. Over time, however, the toxins and morbid energies of the bloody flesh he eats will collect in the man and make him much weaker than before. Speaking personally, I've actually met paedophiles and extreme perverts in person (one which I describe here: www.mrtao.com/malamiko.htm), and there wasn't one of them who wasn't a ravenous meat eater.

Therefore, meat eating and sexing are sins which are intimately intertwined.

Q: What reading suggestions do you have?
A: We highly recommend the classic "An Autobiography of a Yogi" by Paramahansa Yogananda. It is available free online here: http://www.crystalclarity.com/yogananda/
The articles at atmajyoti.org are wonderful: http://www.atmajyoti.org/sw_brahmacharya_page.asp
And the works of Swami Sivananda are very imformative (and complete):
http://www.docstoc.com/docs/19658462/Practice-of-Brahmacharya---Swami-Sivananda

Hope this helps!

-Ian Clark

Brotherhood of the Sacred Word

Question
Dear Dhananjay,

Would you please share your thoughts and wisdom on this form of sexuality where the partners engage in non-ejaculatory sex for the purpose spiritual evolution.

Many thanks,

Ronan

Answer
Q. Can one indulge in 'Tantric sex' or say moderate amounts of sex without ejaculation and yet get the effects of celibacy ?

A. 'Tantric sex' is a method of enjoyment of sexual pleasure, where the people involved follow a certain mode of life/ practices in order to enhance and prolong sexual pleasure before, during and after the sexual act. It consists of various means to achieve this objective.
'Celibacy is abandonment of and freedom from sexual pleasure forever in thought, word and deed at all places and times.

The above definitions make them self-explanatory. "Tantric sex" belongs to the left hand approach for self-realization called 'Vaama Marga (meaning:Vaama- Left, Marga- Path; the left hand path). 'While 'Self-realization' was the final objective of the 'Vaama Marga' also, the gross aim of tantric sex most often since time immemorial has been sense pleasure and gratification. The danger in treading this path was profound for a normal man in the age old days itself, let alone in today's times without the aid of a masterly guru proficient in the subject. Since the 'Vaama marga' involves indulgence in the sexual act, starting from the physical level and reaching higher states, the risk of a student tripping and falling into the pit of lust is very strong.

Indulgence of sense pleasures in any form results in the formation of the *desire-anger* combination. In the Bhagavad-Gita Lord Krishna describes this combo as a two sided sword which is the cause of all evil and pain on earth. He further states that they are born from the Activating nature or Rajasic temperament . It is for this reason, celibates are asked to avoid stimulating food and company.

Sex without ejaculation for the non-celibate is definitely much better than with ejaculation, since semen is not lost during the act. Wastage of energy doesn't occur and it does make the person reach a certain stage of celibacy. However this comes with conditions. By following a life of sexual moderation without ejaculation, a man will no doubt be more of a celibate and a cut above than the man who leads a life of sexual wastage. This is not really due to re-absorption but due to lack of need for the body to produce semen. This holds good upto the point of good health, clear thinking and other general health benefits at the physical level. But beyond this, if man aspires to reach the state of 'Soul bliss' or 'God bliss', which has been described in the scriptures to be equal to a million times the pleasure of a physical orgasm (Sri Ramakrishna Paramahansa called the magnitude of 'Soul bliss' to be somewhat close to having sex through the millions of pores in the human body) a life of absolute celibacy for 12 years, giving up all the sense pleasures becomes mandatory. A man indulging in any form of sexual pleasure cannot become an 'Urdhvareta'. The gates beyond general benefits will not open for him.

I will explain the rational behind this. In a moderate sex life without orgasm, while man no doubt conserves his semen during the act, he also unknowingly/gradually develops an attachment/liking and strong desire for the pleasure generated

from sexual contact. Also since woman is the source of his pleasure, he begins t
o associate her as an object of pleasure rather than as a soul- 'The manifestati
on of god'. This strong karma for sexual pleasure that gets stored in his 'Karmi
c account' ultimately takes him to a state where he can no longer rise beyond th
e sex plane. Any pleasure produced by the five senses (sight, smell, taste, soun
d, touch) is temporary and ultimately leads man into pain. It really is no pleas
ure at all as it is 'Maya' or an illusion, a nervous stimulation only and not 'S
oul bliss'. Man has to indulge in more and more of sex to get the effect that he
 first got in course of time. 'The word 'moderation' is relative. The limits set
 by man are stretchable by his own imaginatioin. Further to getting deep into th
is mode of life, he will ultimately come to a stage where his vital fluid desert
s him directly or indirectly. Once this happens he can no longer rise up the pat
h of becoming an 'Urdhvareta'. Loss of semen also becomes an impediment for deep
 meditation, further to the 'Prana' getting unsettled.

Practicing Tantric sex comes with the very high risk of getting addicted to the se
xual act and being stuck in the sex plane which makes it inviable to transcend i
nto higher planes, which is so necessary for spiritual progress. This approach i
s akin to walking a tight rope between two high rises. Even the slightest gust o
f wind will send one crashing down.

It is for this reason, scriptures cutting across religions require a man attempt
ing self-realization to wholly give up pleasure generated by the senses. As long
 as there is sense pleasure there cannot be soul bliss. They are mutually exclus
ive. God gives us two options: Either to reach out to him shunning the senses an
d reach a state of permanent soul bliss or to fool ourselves with the senses, th
inking the illusion to be pleasure, while in reality it is nothing but delusion.
 And finally even the man who chooses senses, realizes very late of them being c
heats and has to finally get back to the first path.

Trust this helps
God bless and have a nice day :-)

Dhananjay

Question
QUESTION: "hi. i m 25 yr old male. i m a very good ,honest, religious person wit
h an excellent reputation everywhere in society. an year ago i left my girl frie
nd because she was not loyal towards me. i felt guilt despite knowing about her
reality which was extremely bad, ., she was an infidel n cheating on me. but the
n in guilt i remembered of time when i was 16 yrs old. i saaw porn by accident a
nd masturbated which became a habit for me. i became curious and i touched my mo
m and elder sister at their private parts in curiosity when they were sleeping.
i felt guilt n said sorry to god and forgot everything completely.i never repeat
ed that thing in my life and i never felt to repeat that despite i sleep with my
 sisters.now i compare myself with my girlfriend and feel exterme guilts of soil
ing my blood relations. i have ruined my life thinkinh it for past 1 year. i m t
otally unhappy . i feel i m worst in this world. i cry a lot when alone but i ma
nage to behave absolutely normal in open. noone has idea whats going on in my de
pressed mind. i m unable to study. i have lost all my confidence. i m in pain. e
xtreme pain.
i have always remained a shy guy. introvert kind. i have 4 sisters and a lone so
n in my family. parents always loved me and protected me a lot. i was brilliant
at studies and work but in past 1 year this guilt has taken away anything. pleas
e help me. i feel so bad theat i cant discuss this shameful aspect of my life wt
h a psychatrist. i m in pain please help me. when i was 11 yrs old during summer
s my mom used to sleep topless with me. i used to get erection in curiosity. i u
sed to hug her in curiosity of feeling her breast. i m such a bad person.. i hav
e seen that sexual discussion was a taboo at my home. i was introvert. whatever
obscene i saw on tv i kept thinking in mind only. i could not discuss it with an

ybody. m i such a bad person? i m loosing my life. i was so happy an year ago n now i think of suicide. please advise me in detail why did this happen to me des pite being sucha religious and kind preson. why? please reply as soon as possibl e to help me out. do such things happen to all during teenage or i m worst? i fe el that i m a very bad person who killed every relation. rightnow or in that age also i was never attracted sexually towards my siblings and mom"

ANSWER: Hello Supriya :-)

It is always best to talk things out, so the pressure leaves us and a solution c ould be worked out. Let me rephrase your queries and try to throw light on the s ubject:

Q: Is it normal for a person to feel and proceed with attraction he might feel tow ards his siblings/ parents?

A: The concept of sexuality one feels for fellow humans of the opposite sex is i tself a product of delusion. It is a result of ignorance at the innate level. Ma n in reality is the pure soul. The soul by itself is beyond sexuality. It has no gender/ age/ form or want. It is imperishable, everlastingly permanent, inviola ble and in a state content in itself. Soul in a man or a woman is just soul , it is the body which has a male or female form. On physical death, it again becomes j ust the soul without any bodily identification.

However for the purpose of creation, the great Lord has made it necessary for ma n and woman to exchange their reproductive elements and produce offspring. This is the primal purpose of the sexual act. Any extension of this act beyond the ab ove said purpose leads man to associate sensual pleasure with this act heavily. He begins to look up to this act as a form of recreation and relaxation. Further to many lives in this mode of thought and action, he begins to look at any memb er of the opposite sex not as a manifestation of the soul but as an object of sex an d so called sexual pleasure. Age, relationship and sometimes even gender (as in case of homosexuals) become immaterial to him. He starts to look at every living being only through sexually tinted sight. The other person is no longer a person but only an object of sex. In order to achieve sexual satisfaction from these obj ects he lies to them claiming true love, manipulates, cheats and uses cunning.

At the start of adolescence, sexual tendencies of previous lives slowly start to manifest. A strong curiosity and liking for the concept of sex begins to raise its hood. These are the result of former indulgences stored in the causal body or the karana sharira , the depository of all our tendencies and karma. At this point of time, if the sex impulse carried over from previous births is very strong, th e child might get propelled into unnatural acts of intimacy with siblings or par ents without its own knowledge. Before it knows what is happening, it has steppe d into forbidden ground. Under such circumstances, it forms the duty of the parent s to correct, guide and show the right path to the child.

The act of your parent sleeping semi clothed with you (whatever the purpose migh t me) during childhood is unfortunate. The first duty of a parent is to ensure t hat the surroundings and atmosphere the child grows in do not induce in it a ten dency toward wrong doing or thinking. While your mother s action might not have be en intentional, its result upon you has had a negative effect in the form of sti rring up of sensual feelings and finally guilt.

Great sages and saints across the world advocate only one thing. To consider all fellow beings as mothers, sisters or brothers in effect. There is no other rela tionship in reality. Once a child is born to a man from one's wife, the man is a dvised to lead a life of celibacy looking at his wife as the 'Divine mother'. Th ese masters were not fools to advocate such a outlook. They did it so man could

transcend the concept of the 'sex delusion' and get in touch with the real bliss ; 'soul bliss'.

As the saying goes, past is history. We are totally powerless to alter actions o nce committed. It is the present which is in our hands. With pure thinking, vir tuous living, non-violence and love/ peace toward the world at large, man can ra ise himself out of the deepest wells of sin.

Consider what has happened in your life as a bad dream and work towards forgetti ng it. Avoid and stop the recall of negative thoughts from your past in any form , for this amounts to re-living them. Positive and constructive thoughts make us confident and cheerful. We are all human and we all err knowingly or unknowingl y. The concept of suicide is that which is entertained by those who lack the wil l and determination to face life. I m sure you aren t one among them. Human life is a very precious mode of existence attained by the soul further to innumerable an imal births without intellect, discrimination and awareness. God feels happy and showers his blessings upon souls who strive towards virtue and perfection. No s in can tie man to delusion once he has realized his mistake and wants to sincere ly become good.

Focus you energies towards work, exercise and doing good to people if possible. Develop a stance of love, peace and well wishing towards people in general. With positive efforts and prayer to god to redeem you from all sins, progress is cen t percent assured :-)

Trust this helps, revert for clarifications if any
God bless and have a nice day :-)
Dhananjay

---------- FOLLOW-UP ----------

QUESTION: thanks a lot for ur help. i m ok now. just one ques... what happenend to me during adolescence, is that normal? does this happen to others also? did t his happen to u? please dont mind. i know i did that mistake for max 1 minute an d never even thought about it again. i have already dedicated my life to humanit y few yrs back, that too not because of guilt of incest but automatically my min d became like that. this guilt has arisen an year back only n now affecting my s trengths and efficiency to live for living beings. please reply to it.. thanks a lot sir

Answer
Hello there :-)

Good to see that you are feeling better. Coming to your doubts,

Q1: Is incest common?
A: In the general sense considering the majority of people, the answer is NO. Ho wever as explained in my previous post, there are cases where it could happen in tentionally or unintentionally, owing to past karma and lack of awareness and di scrimination in the child due to its age & surroundings.

Q2: Did I go through any such experience?
A: By the lords grace, NO.

Its nice to see that you are working towards positivity. Keep up the effort and God will shower his blessings for sure :-)

God bless and have a nice day
Dhananjay

Question
"hi. i m 25 yr old male. i m a very good ,honest, religious person with an excel lent reputation everywhere in society. an year ago i left my girl friend because she was not loyal towards me. i felt guilt despite knowing about her reality wh ich was extremely bad, ., she was an infidel n cheating on me. but then in guilt i remembered of time when i was 16 yrs old. i saaw porn by accident and masturb ated which became a habit for me. i became curious and i touched my mom and elde r sister at their private parts in curiosity when they were sleeping. i felt gui lt n said sorry to god and forgot everything completely.i never repeated that th ing in my life and i never felt to repeat that despite i sleep with my sisters.n ow i compare myself with my girlfriend and feel exterme guilts of soiling my blo od relations. i have ruined my life thinkinh it for past 1 year. i m totally unh appy . i feel i m worst in this world. i cry a lot when alone but i manage to be have absolutely normal in open. noone has idea whats going on in my depressed mi nd. i m unable to study. i have lost all my confidence. i m in pain. extreme pai n.
i have always remained a shy guy. introvert kind. i have 4 sisters and a lone so n in my family. parents always loved me and protected me a lot. i was brilliant at studies and work but in past 1 year this guilt has taken away anything. pleas e help me. i feel so bad theat i cant discuss this shameful aspect of my life wt h a psychatrist. i m in pain please help me. when i was 11 yrs old during summer s my mom used to sleep topless with me. i used to get erection in curiosity. i u sed to hug her in curiosity of feeling her breast. i m such a bad person.. i hav e seen that sexual discussion was a taboo at my home. i was introvert. whatever obscene i saw on tv i kept thinking in mind only. i could not discuss it with an ybody. m i such a bad person? i m loosing my life. i was so happy an year ago n now i think of suicide. please advise me in detail why did this happen to me des pite being sucha religious and kind preson. why? please reply as soon as possibl e to help me out. do such things happen to all during teenage or i m worst? i fe el that i m a very bad person who killed every relation. rightnow or in that age also i was never attracted sexually towards my siblings and mom"

Answer
Hello Supriya :-)

It is always best to talk things out, so the pressure leaves us and a solution c ould be worked out. Let me rephrase your queries and try to throw light on the s ubject:

Q: Is it normal for a person to feel and proceed with attraction he might feel tow ards his siblings/ parents?

A: The concept of sexuality one feels for fellow humans of the opposite sex is i tself a product of delusion. It is a result of ignorance at the innate level. Ma n in reality is the pure soul. The soul by itself is beyond sexuality. It has no gender/ age/ form or want. It is imperishable, everlastingly permanent, inviola ble and in a state content in itself. Soul in a man or a woman is just soul , it is the body which has a male or female form. On physical death, it again becomes j ust the soul without any bodily identification.

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case of homosexuals) become immaterial to him. He starts to look at every living being only through sexually tinted sight. The other person is no longer a person but only an object of sex. In order to achieve sexual satisfaction from these objects he lies to them claiming true love, manipulates, cheats and uses cunning.

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Focus you energies towards work, exercise and doing good to people if possible. Develop a stance of love, peace and well wishing towards people in general. With positive efforts and prayer to god to redeem you from all sins, progress is cent percent assured :-)

Trust this helps, revert for clarifications if any
God bless and have a nice day :-)
Dhananjay

Question
Dear Dhananjay,

I had one more question. When a man who has been terribly

non-celibate for years wants to take up celibacy, how does he fight with temptations which come while practising celibacy? Say a temptation comes after 5-6 days of practice, even after no sensory stimulation. What does a man do at that point? Does yielding to lust on such occasions prove the previous efforts worthless and entangle a man further into the addiction?

Thanks for your guidance,
Amit

Answer
Hello Amit,

Thanks for the query. Coming to the answer,

Q: How does a Brahmachari deal with temptations and desires?
A: Sensory temptations that arise and threaten to make one stray from the path o f Brahmacharya are due to strong past karma that surfaces from the 'Kaarana shar ira' or the causal body.

The following methods will prove to be useful in subduing lust when one is troub led. They can be used individually or separately based on one's need.

1. Close the eyes and concentrate on the region between the eyes with focus and pray to god, asking him to take lust away.

2. Indulge in 'Mula Bandha' a few times (Sit in Padmaasana - Take a deep breath - hold the breath - contract the anal muscles and pull the 'Apana Vaayu' upwards : as one does while withholding urination or defecation) this will increase the force of 'Prana' and subdue 'Apaana', the force behind sexual awakening.

3. By altering the vision towards the woman concerned to that of a mother or sis ter.

4. Another method useful for beginners is that whenever there is a stirring up o f lust at the sight of a woman, one can imagine the smell and physical form of t he woman devoid of skin. Minus skin, the human body has the extremely disagreeab le and repulsive smell of blood and raw flesh (as one can know when there is a c ut or laceration) minus skin; the human flesh resembles the cut up carcass of an animal at the butcher. This is how the female form actually is under those clot hes and skin devoid of all beauty and attraction.

5. Reminding oneself the fact that the human body is filled with disagreeable ma tter such as stool, urine, pus, phlegm etc... 'Vairaagya' or dispassion will daw n at the false concept of being attracted to the physical form which is a holdin g bag for of all the above. Would anyone be attracted to a bag containing such r efuse?

6. Imagine how the same woman would look in her old age with wrinkled skin, rott ing teeth, scant hair and a disagreeable smell. This technique is very effective to remind one that the attraction of flesh is apparent, temporary and totally f alse. That it is an illusion similar to the one created in a magic show. This wi ll make a person discount another for their physical appearance and value only t he eternal, ever beautiful, divine and pure 'Atman' or soul within.

4. Drinking a glass of water, washing the urinary organ with cold water, immersi ng oneself in a tub of cold water to the waist, a cold water bath and going for a run are effective physical techniques.

God bless and have a nice day :-)
Dhananjay

Question
Hi Dhananjay,

I hope all is well. The cold showers that you advised seem to be helping a lot I have even more energy throughout the day and it helps curb lustful thoughts.

I have a question about an experience that has been happening lately. There appe ars to be a tingling sensation at the crown of my head, feels like static electr icity. I experience this in meditation and randomly during the day at varying de grees of intensity. What does this mean?

Also I have been experiencing a ringing noise when meditating. But its not unple asant its actually quite soothing could you also explain what this is?

Michael

Answer
Hello Michael :-)

How are things going...
Good to see you are benefiting by the use of cold showers. Cold water has the te ndency to negate lustful heat in the body and enrich the body with positive cosm ic energy.

Q1: Tingling sensation in the crown
A: The crown of the head represents the 'Sahasrara chakra' or the thousand petal ed lotus. It is the highest and most divine chakra in the human body, and the se at of union of consciousness with the almighty. A tingling sensation here genera lly occurs to the aspirant during the initial stages of ascent of consciousness to higher planes. There is nothing to worry about. You should continue your prac tices. With time, things will stabilize and you will develop harmonization.

Q2: Ringing noise during meditation
A: A ringing noise during meditation is one among the various 'Anahata sounds' o r the sounds coming under the purview of the fourth chakra at the heart region. There are various other sounds associated with this chakra such as the humming o f a bee, the blowing of a conch, the tinkling sound of cymbals, the sound of thu nder etc... Advent of these sounds again suggests the ascent of consciousness in to higher planes in the metaphysical world. These are all gestures of encouragem ent given by god to the aspirant in the path of spiritual enlightenment.

At this stage, I would request you not give too much importance to them but conc entrate on focusing your mind on the great lord during meditation. Make your min d intent on knowing the true form of god, and meditate without any expectations of fulfillment of material desires (a true aspirant need not worry regarding the fruition of desires, for the closer he gets to god, god takes care of fulfillin g even the minutest of his desires) This will clear the path for further progres s.

Wishing you the very best for further progress
God bless and have a nice day :-)
Dhananjay

Question
Hi how are you. I'm a really sexual person. To me sex is a beautiful way to expr ess our love. I have meant this guy and he wants to wait. Only thing is I'm attr

acted to him so its hard. He's special so I do want to do this for and with him. How do I avoid temptation? Any really good methods I can use.

Answer
Hello there,

Trust you are doing fine. Coming to your questions,

Q: How does one avoid temptation?
A: The best method to avoid succumbing to temptation is to realize the benefits of being celibate and keep one's mind, body and psyche busy with constructive activity. Make a resolve to stay celibate for a certain period of time and achieve this target at all costs backed by spiritual activity. On reaching this target, extend this period to a few more days successively and repeat the process with longer and longer periods of celibacy. Once a few months of absolute celibacy have been practiced, one gradually starts to experience the beneficial results of being celibate. This will create an urge within to stay longer in the celibate mode and with constant efforts, success will eventually dawn.

True love between two people is independent of physical or sexual interaction. It flowers and blossoms immaterial of sexual contact and in fact can be experienced to the fullest extent only in a relationship that is beyond sex. If 'Love' between two people is dependent on the sexual relationship they have, it is not true love but an extension of lust and carnal desire. The purpose of the sexual act is procreation and not merry making. The reproductive fluids of man and woman are intended to create life and are not to be wasted. One will gradually get first hand conviction on this fact as he progresses in true celibacy.

Kindly go through past answers on this portal related to the topic to help get a deeper insight.

God bless and have a nice day
Dhananjay :-)

Question
Why most people laugh at me when i ask or discuss them about celibacy?

Answer
Hello Neeraj,

Lack of knowledge and ignorance regarding the topic of Brahmacharya makes people behave in a varied manner. Besides, most people in life don't need a reason but only an excuse to laugh, cry or scream!

A celibate would do well in avoiding discussions regarding this topic with every Tom, Dick and Harry, for this is a divine science that is to be taken seriously and not 'over a cigarette and coffee' kind of a topic.

God bless and have a nice day :-)
Dhananjay

Question
Hi Ian!

You said in a previous answer,

"In celibate circles, the male wet dream is known as "the male period". Wet dreams occur for celibate men typically once per month - just like a female period. And just as a period for a woman is normal, the male period is also normal. As these celibates get more and more holy, less and less toxified, the periods re

duce and sometimes disappear into nothing. It is typically extrapolated in religious, celibate and monastic circles that Christ and Buddha were not just celibate, but also free of this period.

So the simple answer to this question is: the key for the celibate is to not build up these toxins in the first place. The effects of having these toxins and not releasing them this way, would logically be to release them some other way and through some other system."

My question is: how long do you think it would take for a diligent celibate to be free of this "male period" either by cleaning up his astral level and avoiding toxic food or by finding some other way to release toxins in one's body other than through orgasm?

Finally, what other way could one release those toxins, and how?

Thanks you!

Answer
Hello Greg! Great to get your question. I hope my answers will be of use.

Q: How long does it take for a diligent practitioner to become an Urdhaveta (non-sperm releasing yogi)?
A: Diligent practitioners can expect to start skipping periods within the first few years of practice. I only know of one Urdhaveta myself, and it took him a couple years to start skipping, then over 15 years to actually be free of periods altogether. I imagine

Q: What ways are there to release toxins other than through sperm?
A: Sweating, fasting, releasing tears, massage and water drinking, stretching, holding a pose, and bathing are just some examples of how we can release toxins. Actual release of toxins is never really a pleasant experience, so again we must encourage everyone to do their best not to build up toxins in the first place. The reason these toxins are there are usually for emotional and spiritual reasons.

Is it harder to lift heavy things, or get heavy news? Most would say the latter is more draining. Lifting heavy things makes you sore in the muscles, but hearing bad news may confuse you and make you lose sleep for two weeks. People are spiritual animals, and understanding what spiritually affects them is a very effective way of understanding toxification and disease. So the first method in avoiding toxicity is a meditation practice - among other spiritual practices. Only after this should we concern ourself with pure food, water and air. Homesteading and working in the quiet, clean countryside is a good boost to any spiritual practice.

After you've done your best not to get toxified, you find you still have some toxins to get rid of. The most effective method for the release of these toxins (in our view) is pure-water fasting. This is very harsh and extremely effective. Your first few fasts may only be three or four days long, and you can work up the length as you go. Experienced fasters have a great reserve of spiritual power to call on when in need, have less periods, and are often miraculously invigorated even after a week or so of nothing but small amounts of water. Fasting is not only effective to cleanse crude impurities, but also an extremely effective tool in prayer and meditation that can summon immediate and stunning spiritual results.

I hope this helps!

Ian Clark

The Brotherhood of the Sacred Word

Question
I am a 59 year old man that has been addicted to masturbation and pornography fo r all of these years. I am married but this addiction has destroyed my physical relationship with my wife. I feel that my only hope is celibacy. I really and tr uly want to know if it is possible for someone of my age to become celibate. Is their such a chemical imbalance now that it is impossible? Unless I do something , I will die in this addiction. How do I start? With just a decision to stop? I have tried before and can stop for periods of weeks but inevitably I fall again. I really appreciate your answers. Blessings to you.

Answer
Hello Rod :-)

It s really nice to see one realize the ill effects of porn and wanton sexuality. You must ve heard the saying Better late than never . This applies to celibacy and pu rity also. Let s address the problem on hand.

Q1: Is it possible to be celibate after midlife?
A: Celibacy or Brahmacharya is man s journey back to divinity and purity. It is imma terial of one s age and gender. While the ill effects of uncontrolled sexuality no doubt take a big toll at the physical, mental and karmic plane with time, there is no better cure and hope than celibacy. Celibacy alone is the cure in the pat h of undoing one s wrongs. You have taken the first right decision in showing inte rest in chastity.

Q2: What is the technique to de-addict oneself from pornography and masturbation ?
A: This is one objective, the achievement of which depends on the success of a m ulti pronged attack against the delusive senses. I will outline some of the tech niques you can employ:

STEP I: Creative activity to keep the mind busy:
The tendency to watch porn and masturbate grows in people who make time for it. Keep yourself busy with productive and creative activity. If you are a working p rofessional, devote all your energies into work during work hours. Don t let the m ind wander to the opposite sex. You will have to be very strict and firm while e nforcing this. Remember always to be on alert against the onslaught of the sense s. Work with the aim of giving your heart and soul towards the job on hand and c reating something valuable for yourself and those dear to you. Being busy and th ereby keeping the mind occupied on worthy pursuits is the best panacea to preven t lust from sowing its seeds.

STEP II: Physical exercise:
Indulge in moderate physical exercise or play a sport you like early in the morn ing at least for an hour or so. Physical exercise converts sexual energy into bo dily health and strength. When you feel strong, bright and cheerful, disgust wil l dawn at the concept of filthy sexuality. Pornography and masturbation are the worst forms of artificial and degenerative sexuality. Keep the thought of their ill effects in mind whenever you feel tempted towards porn.

STEP III: Filters:
Install a powerful net content filter on your system (K9 web protect is a good o ption. You can download it free from: http://www1.k9webprotection.com/getk9/down load-software.php) If necessary ask your wife to choose the password and not to tell you the same. This will prevent access to harmful sites. Make your computer a device to access matter related to spirituality and well being. Let it be the gateway to freedom from porn.

STEP IV: True love for one s spouse:
Rod, we should always remember that the near and dear people we come across in l
ife are special manifestations of god trying to enrich our life. Your wife is go
d in the human form, talking, serving, smiling and being there for you. Keep in
mind the way she serves you with love, affection, concern and understanding. Is
it right for us to be selfish and undermine such a person? Keep in mind the happ
iness she will experience further to true love and attention from your side as h
er life partner. The happiness she gets from you being strong, bright and conten
ted. True love is not based on bodily beauty. The bodily beauty in a man or woma
n is an illusion. It is akin to a mirage. It was never really there. Keep this i
n mind. A person addicted to sexuality can never be a good human being. He first
ly does injustice to himself by becoming firewood to the fire of lust. Direct yo
ur energies towards being a good husband and a human being.

STEP V: Prayer to god:
Set aside some time of the day to meditate upon god. Further to meditation pray
to god honestly and sincerely with the temerity of a child to redeem you of all
ills. With the divine grace of god, nothing is impossible. This is very importan
t.

I would suggest you to read The practice of Brahmacharya by his holiness Swami Siv
ananda to help you in your journey. It is available at: http://www.dlshq.org/dow
nload/brahma_nopic.htm

Trust this helps. I wish you speedy growth in the path of celibacy and redemptio
n from the ill effects of lust and temptation. Don't hesitate to ask questions i
f any.

God bless and have a nice day :-)
Dhananjay

Question
Hi Ian

Thanks for your reply to my first question.

You are right, as a counsellor I do pick up a lot of information from my clients
 of a sexual nature.

Even though the client themselves do not arouse me, some of the information does
 cause a release of precum.

While the client is not affected by this, I know that it does distract me from f
ocusing on the client's needs etc.

Can you suggest ways that I can stop the status quo?

I am by he way, very good at dealing with the clients sex therapy needs which ma
kes all of this really embarrassing.

Thanks muchly in advance

Fred

Answer
Thanks for your question, Fred.

It is very critical to have the people you counsel not give too many details con
cerning their lewd acts. It should be made clear to them that being vague about
 things is very beneficial for them. Telling graphic stories has several proble

ms:

1. It seems to be a competitive action, which attempts to compete with other sto ries or experiences. This kind of competition is good when concerning construct ive actions, but certainly detrimental when concerning debasing actions. Many A A, NA or other anonymous-type peer-group sessions are plagued by this problem – people competing for a "better" story of bad behavior.

2. It causes the experience to be relived in the minds of the teller and listene r.

3. It does not express proper shame over the action. When people are really sha meful, they wish to distance themselves from the act that caused it. If they st ill have issues concerning this act, then they can certainly describe their feel ings about it, the way they attempt to deal with these feelings, and so on. But to be graphic contradicts the very idea that this person is repentant or trying to get away from the acts in question.

This isn't an exhaustive list. So I hope that it seems more clear that being gr aphic about mistakes is harmful for anyone looking to change their outlook.

Question
QUESTION: Hello,

Thank you for your answers in the matter of celibacy.

Through this, i am so interested to clarify regarding the 'ejaculatory mode' you had explain in the topic 'Advice on technique' asked by one of the seeker to yo u here.

You had explained that the semen that got into this mode would not be anymore be transmuted into ojas. The reason for this is that, the process of expellation h as already moved.

So, i had assumed that it is already considered a loss of the creative fluid.

Can you please explain it further.

Cause, i read from another source that one can engage in sex 'moderately' and th e effect is like the one in celibacy so long as there is no ejaculation happenin g. For short,it is tantric mode of sex.

Assuming one is regular in his meditation,it explained that the fluid that have not been expelled during Tantric sex would be absorbed through the bladder and o ther routes from the pelvic region to higher parts of the body, nourishing the n ervous system.

Can you please enlighten us.

ANSWER: Hello there :-)

Hope you are keeping well. Let's get into answering your queries:

Q. Can one indulge in 'Tantric sex' or say moderate amounts of sex without ejacu lation and yet get the effects of celibacy ?

A. 'Tantric sex' is a method of enjoyment of sexual pleasure, where the people i nvolved follow a certain mode of life/ practices in order to enhance and prolong sexual pleasure before, during and after the sexual act. It consists of various means to achieve this objective.

'Celibacy is abandonment of and freedom from sexual pleasure forever in thought, word and deed at all places and times.

The above definitions make them self-explanatory. "Tantric sex" belongs to the left hand approach for self-realization called 'Vaama Marga (meaning:Vaama- Left, Marga- Path; the left hand path). 'While 'Self-realization' was the final objective of the 'Vaama Marga' also, the gross aim of tantric sex most often since time immemorial has been sense pleasure and gratification. The danger in treading this path was profound for a normal man in the age old days itself, let alone in today's times without the aid of a masterly guru, proficient in the subject. Since the 'Vaama marga' involves indulgence in the sexual act, starting from the physical level and reaching higher states, the risk of a student tripping and falling into the pit of lust is very strong.

Sex without ejaculation is definitely much better than with ejaculation, since semen is not lost during the act. Wastage of energy doesn't occur and it does make the person reach a certain stage of celibacy. However this comes with conditions. By following a life of sexual moderation without ejaculation, a man will no doubt be more of a celibate and a cut above than the man who leads a life of sexual wastage. This is not really due to absorbtion but due to lack of need for the body to produce semen. This holds good upto the point of good health, clear thinking and other general health benefits at the physical level. But beyond this, if man aspires to reach the state of 'Soul bliss' or 'God bliss', which has been described in the scriptures to be equal to a million times the pleasure of a physical orgasm (Sri Ramakrishna Paramahansa called the magnitude of 'Soul bliss' to be somewhat close to having sex through the millions of pores in the human body) a life of absolute celibacy for 12 years, giving up all the sense pleasures becomes mandatory. A man indulging in any form of sexual pleasure cannot become an 'Urdhvareta'. The gates beyond general benefits will not open for him.

I will explain the rational behind this. In a moderate sex life without orgasm, while man no doubt conserves his semen during the act, he also unknowingly/ gradually develops an attachment/ liking and strong desire for the pleasure generated from sexual contact. Also since woman is the source of his pleasure, he begins to associate her as an object of pleasure rather than as a soul- 'The manifestation of god'. This strong karma for sexual pleasure that gets stored in his 'Karmic account' ultimately takes him to a state where he can no longer rise beyond the sex plane. Any pleasure produced by the five senses (sight, smell, taste, sound, touch) is temporary and ultimately leads man into pain. It really is no pleasure at all as it is 'Maya' or an illusion, a nervous stimulation only and not 'Soul bliss'. Man has to indulge in more and more of sex to get the effect that he first got in course of time. 'The word 'moderation' is relative. The limits set by man are stretchable by his own imaginatioin. Further to getting deep into this mode of life, he will ultimately come to a stage where his vital fluid deserts him directly or indirectly. Once this happens he can no longer rise up the path of becoming an 'Urdhvareta'. Loss of semen also becomes an impediment for deep meditation, further to the 'Prana' getting unsettled.

It is for this reason, scriptures cutting across religions require a man attempting self-realization to wholly give up pleasure generated by the senses. As long as there is sense pleasure there cannot be soul bliss. They are mutually exclusive. God gives us two options: Either to reach out to him shunning the senses and reach a state of permanent soul bliss or to fool ourselves with the senses, thinking the illusion to be pleasure, while in reality it is nothing but delusion. And finally even the man who chooses senses, realizes very late of them being cheats and has to finally get back to the first path.
Also by reaching the 'Urdhvareta' state, scriptures stress a man is bestowed at the end of 12 years with superhuman powers, the vision of god and the fruition of all his desires.

At the individaul level, I will suggest a simple experiment you can indulge in t
o 'personally realize' this fact. Live a life of strict celibacy in thought, wor
d and deed for three months. At the end of these three months, you can tell me t
he difference if any that you experienced by a life of meditation with total cel
ibacy and no sex. I am eager to meet you again with the report :-)

Trust this helps
God bless and have a nice day :-)

Dhananjay

---------- FOLLOW-UP ----------

QUESTION: Thanks Dhananjay,

Your response for my inquiry is worthy to be treasured. It really do.

As for my experiences, i was perfectly celibate for more than 6 months in though
t, word and deed. Yes, you're right, it was worth the effort. I can really tell
you honestly that my moods were always full of zest and enthusiasm that time. i
even thought that life is full of blessings.

During and before this time, i was already practicing moderate meditation and ph
ysical exercises. You can call it yoga.it was also a time of serious research of
 knowledge. You know, 'Spiritual knowledge'.

Then, i got married. And since 'Tantric knowledge' has already been part of my r
esearch, i did tried it for a couple of months. Ejaculation control was perfectl
y mastered. no slips you know.

But then, i began experiencing mood swings and anger. 'Why', i thought?
It's okey you know if it's occasional, but unfortunately, it's more often. Then,
 i began doubting about the authenticity of 'Tantra'.

So now, i resolve to practice moderate non-ejaculatory relations. About once eve
ry two weeks, or once a month. Again, 'life' sets in again.

That was my experience bro. Dhananjay.

Now, all i can say is thank you. Hope people like you and Ian, would alwasy be t
here with a 'sword of truthfullness'. It's my instinct, honestly.

See you after three months like what you said, hehe..

Take care.

anonymousKC

Answer

Hello there once again :-)

The benefits of celibacy can never be overstressed. From my own personal experie
nce, I have come to the conclusion that they increase with every passing day and
 are virtually endless; riveting what has already described in the Holy Scriptur
es. What is required of us is only devotion, honesty, integrity and a strong wil
l to enforce discipline. The rewards flow by themselves, and compared to their m
agnitude, our efforts pale in comparison.

As stated from your personal experience, indulgence of sense pleasures in any fo

rm results in the formation of the *desire-anger* combination. In the Bhagavad-G
ita Lord Krishna describes this combo as a two sided sword which is the cause of
all evil and pain on earth. He further states that they are born from the Activa
ting nature or Rajasic temperament . It is for this reason, celibates are asked to a
void stimulating food and company.

The Tantric approach is akin to walking a tight rope between two high rises. Even
the slightest gust of wind will send one crashing down.

If you find giving up sex all of a sudden tough (since your wife and her needs a
lso need to be looked into), gradually decrease the frequency over a period of t
ime. If your sexual interactions are now say bi-monthly, make them once in 20 da
ys from the coming month (without ejaculation). Increase this period to 25 days
the next month and so on. This will give you and your wife time to understand th
e benefits of shunning sexuality and the bliss of sexless ness. This is very imp
ortant. It is an uphill task for a married man to practice Brahmacharya without
support from his wife. The right approach is to educate her with literature and
experience the benefits of a life of Brahmacharya . Once man and lady are attuned i
n their approach, celibacy becomes a boat easy to sail.

Mahatma Gandhi, the world renowned freedom fighter and the father of India and h
is wife Kasturba practiced a life of celibacy. Content regarding chastity from t
he great man in his biography My experiments with truth are available at: - http:/
/www.rkvenkat.org/srvsi.pdf

P.S: Your query regarding semen in ejaculatory mode is explained in the topic Forms
of semen
Dt. 06/ 04/ 2010 in past answers.

Trust this helps. I wish whole heartedly that you and your wife achieve great su
ccess in celibacy and get into the path of self-realization :-)

Please feel free to revert to me for any questions

God bless and have a nice day :-)
Dhananjay

Question
Hello,

Thank you for your answers in the matter of celibacy.

Through this, i am so interested to clarify regarding the 'ejaculatory mode' you
had explain in the topic 'Advice on technique' asked by one of the seeker to yo
u here.

You had explained that the semen that got into this mode would not be anymore be
transmuted into ojas. The reason for this is that, the process of expellation h
as already moved.

So, i had assumed that it is already considered a loss of the creative fluid.

Can you please explain it further.

Cause, i read from another source that one can engage in sex 'moderately' and th
e effect is like the one in celibacy so long as there is no ejaculation happenin
g. For short,it is tantric mode of sex.

Assuming one is regular in his meditation,it explained that the fluid that have
not been expelled during Tantric sex would be absorbed through the bladder and o

ther routes from the pelvic region to higher parts of the body, nourishing the n ervous system.

Can you please enlighten us.

Answer
Hello there :-)

Hope you are keeping well. Let's get into answering your queries:

Q. Can one indulge in 'Tantric sex' or say moderate amounts of sex without ejacu lation and yet get the effects of celibacy ?

A. 'Tantric sex' is a method of enjoyment of sexual pleasure, where the people i nvolved follow a certain mode of life/ practices in order to enhance and prolong sexual pleasure before, during and after the sexual act. It consists of various means to achieve this objective.
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Trust this helps
God bless and have a nice day :-)

Dhananjay

Question
Hi Ian,

A few questions.

I was reading an answer Yahoo answers regarding a supposed decrease in urinary function when one becomes celibate. Is it true that one's genitals become weaker and one becomes more susceptible to urinary problems?

What sort of daily routine is suitable for celibacy?

When in the presence of inappropriately dressed women in public, what is the best way to conduct oneself to eliminate the wrong thoughts and actions?

You wrote, in a previous answer, that after two years you started to regain some childhood naivety. Did you find that your childhood curiosity returned? Did you start to feel a natural shyness around women?

Answer
Thanks for your question!

Q: Do people develop urinary problems from celibacy?
A: To the contrary, if one has urinary problems, celibacy will cure them. Purity of the genitals keeps them very clean and away from many prevalent diseases that can be passed through sex and masturbation. Rubbing action also stresses the penile skin and can cause appearance of herpes-like symptoms, among others. Finally, celibacy rests the prostate which is necessary for normal urination. The prostate is what clamps the urethra and it is a gland, not a muscle. It gets worn-out by sexing - not strengthened. Conversely, not using it at all helps it maintain its normal function and greatly reduces risk of prostate problems such as inflammation and cancer.

Q: What sort of daily routine is suitable for celibacy?
A: Celibacy requires sublimation of sex desire. For most that will include work ing. Sometimes this will be formal work, other times it will be special, volunt eer work. For religious people it is good to have a prayer and meditation sched ule to sublimate the great energy that is given to you by celibacy. At least fo r beginners, one should keep a diary which states work and spiritual progress, a s well as daily concerns. The diary will help you gauge progress and encourage you to improve your work and prayer schedule.

Q: When in the presence of inappropriately dressed women in public, what is the best way to conduct oneself to eliminate the wrong thoughts and actions?
A: There are several methods worth mentioning. First, remember that the flesh i s not clean. Study that and see that when you see a woman. You can look "throu gh" the clothes, makeup, and skin to see what is really in there. For example, excited men find the buttocks attractive. Yet what is in the buttocks? What or gans, what fluids and compounds? It's very useful. There is a video to facilit ate this:
http://www.youtube.com/watch?v=u7W0MFnkRaw

Another thing to do is to make sure you don't stare. If you see something "hot" , then don't look at it any longer than you have to. Physically turn your head away. The meaning expressed in those kind of clothes and make up is pure evil, and its best to use your conscious mind in whatever way possible to stop that me aning from getting into your mind.

After longer practice of celibacy, you'll naturally appreciate the spirit of peo ple more and focus less on the body. This can be enhanced in some ways.

Make sure that flirtation and advances by females are roundly refused. At first you can be polite, but if stronger methods are necessary, then by all means use them. Typically a woman will flatter people as in, "I think you're handsome". You could answer, "Why would I care what you think about my appearance?" This either turns them off, or actually directs the conversation toward constructive topics, which is the best result.

Q: Did you find that your childhood curiosity returned? Did you start to feel a natural shyness around women?
A: Yes on both counts. It's a wonderful experience. Adam and Eve were kicked o ut of Eden (the state of naivety), but they can return. This is especially true if the return trip is earlier than the onset of middle age, after which habits are harder to break. I hear that Hindus put the age limit at about 33.

-Ian

Question
Hey there. I'm a 21 y.o student who has got into the habit of viewing porn from the past 2 years. The first thing I do on getting up in the morning is watch por n and masturbate. Of late this has become an obsession. Earlier I used to watch porn but was not this desperate. Is it normal ?

Answer
Hello K :-)

You will have heard of drug or alcoholic addiction. It's a state, where the addi ct goes on indulging in consuming the above in spite of knowing that they are ba d and cause irreversible damage to his very being.

Addiction to sex is many times more damaging in totality, for it ensnares the ve ry life energy of a person into sating it and creates powerful karmic tendencies which are very, very tough to get rid of. It's akin to a flame which takes birt

h on firewood, makes use of it to grow into a raging fire and finally burns this very firewood to ashes. And after the wood is burnt and the flame gone... It leaves dark burn marks on the surface that are almost impossible to get rid of. Why? Because the very surface on which the wood burnt also got scorched, burnt and scarred.

Viewing of porn can be compared to this flame. It starts with fun and excitement and before the person knows whats happening he finds his mind coming back to it all the time, so much that soon he wouldn't mind being without food and water but sitting glued to porn on the net becomes his chief full time occupation. With every image he views, this fire grows larger and consumes more firewood which in this case is he himself at the mental, physical and psychic level. Finally the flame reaches a state where he is burnt into a degenerate who knows the cause of his anguish but can do little.

Stop porn. Install filters on your computer to block it. Develop a mental resolve to become healthy and bright. A man who indulges in porn/ sexuality can never be truly bright and cheerful like a clear morning with birds chirping, the sun rising and fresh nectar like breeze blowing!

Shift your mind to intellectual, worthwhile pursuits. When you feel the need for a change, play a sport, explore nature, feel the beauty of creation. Remember how you were when you were a little kid. You never needed anything external to make you happy. You knew the art of taking pleasure from the very simple things of life. You used to laugh till you could do so no more! :-) That was happiness.. Isn't it? You can become like that once again! The first step is to put your mind on things other than porn and sexuality... Once you achieve this, the next steps for further growth will dawn one after the other.

Revert to me for anything more you need in this quest.
God bless and have a nice day :-)

Dhananjay

Question
QUESTION: Hello,

I have been have trouble with myy arousal levels recently. I think it my be connected to a porn addiction. How do i stop this from happening? How long do i stop looking at porn and masterbating until i become sensitized again?

ANSWER: Hello there,

Looking at porn and masturbating is a gradual poison which will ultimately kill man in every front. It is the direct path to physical, mental, emotional, psychic degeneration and decay. A person wishing to do good to himself at the individual level and make himself a worthy member of his family and society should stay away from this habit.

Detailed elaborations on how to free oneself from this problem have been dealt with in past answers with the following titles:

* 'Trapped' Dt: 06/24/2010
* 'Is viewing porn dangerous' Dt: 05/16/2010

Open the 'view past answers' section on the profile page, then click on 'All questions in this category' at the page bottom to access all answers to queries

Trust this helps
God bless and have a nice day :-)

Dhananjay

---------- FOLLOW-UP ----------

QUESTION: So, are you saying that one should not look at AND masterbate? I think i can and will stop the porn but isn't it biologically detrimental to stop masterbating completely, especially since i don't have a girlfriend to satisfy my needs. I would assume one would become unbalanced, moody and aggressive.
Should i just cut down and slowly stop? Or stop completely?

Answer
The biological sex need which people refer to is itself apparent, false and non-existent. It is a trick of the mind and a result of imagination and recollection of past actions. A few months of celibacy will make man realize this fact. The purpose of the sexual act is procreation and not recreation. Indulgence in the sexual act for any purpose other than begetting progeny takes man into the domain of pain and suffering.

Contrary to being detrimental, stopping masturbation and transmuting the sexual energy into creative and constructive work improves health/ wellbeing and produces true bliss. Yes one might encounter anger and mood swings at the initial stages, but in the long run harnessing the sex force through mental, physical and intellectual work with prayer to god will make man shine like a star. Sex energy is the net sum of all energy available in man. Wastage of semen degenerates man while transmutation and sublimation of the same makes him a superman.

Kindly go through all the past answers here to get a clear idea of what this really means at the practical level if you are interested in the practice of celibacy.

And yes, It will be necessary to stop masturbation and porn watching completely to achieve true progress.

God bless and have a nice day :-)
Dhananjay

Question: What are Wet Dreams?

Answer: Puberty is confusing for both girls and boys, and virtually no child escapes without questions about girls and menstruation and boys and wet dreams. Wet dreams, also known as nocturnal emissions, are a common experience for many boys who are in the midst of puberty. During a wet dream, a boy ejaculates while sleeping. Some boys may not realize that they ve had a wet dream, while others may think that they wet the bed accidentally. A wet dream is often the first time a boy experiences ejaculation and encounters sperm for the first time.

Wet dreams are perfectly normal for boys going through puberty, but many may find the experience embarrassing. It s important for parents to educate boys about wet dreams, and reinforce the fact that it s a normal part of growing up. Boys should also understand that having wet dreams doesn t mean that they re bad or that they have done something that is wrong.

Question
QUESTION: my wife is celibate through choice why can she manage it and i cant?;i find i need a sexual expression

ANSWER: Hello there,

Thank you for the query lets try and get to the answer,

Q: Are women more successful in the practice of celibacy?
A: When we get to the fundamentals and basics of what a living being is all about, we get to learn that an insect, bird, animal or man are all nothing but 'souls'. None of them are the body, mind, intellect or ego. If all living creatures are souls (The highest and purest form of universal consciousness which is beyond delusion) then why so much misery across the earth? The answer is that we are all veiled by numerous layers of 'Avidya' or ignorance. This ignorance which has cocooned itself in multiple layers around the soul, makes it forget its true, lofty and independent state of being self-content and makes it wander in search of 'apparent pleasure' which it erringly assumes to be present outside (through the senses). In reality, any pleasure got via external sources is temporary and lacking in substance. It will ultimately lead one back to the domain of pain.

A man or woman is nothing but the soul. The physical characteristics differentiating man and woman are only at the body level. The soul has no gender, age or type, it is just the soul. After death, when the physical body has ceased to exist, it becomes just the soul bereft of association with a male or female body.

The 'need' which one feels towards the sex sensation is nothing but deep rooted ignorance and trust in that which is untrue, unreal and illusory to be a source of pleasure. Constant association with untruth makes man believe it to be the truth.

The success of a man or lady in the practice of celibacy hence has nothing to do with their gender. Success in celibacy gets more pronounced as the percentage of delusive impurity within reduces. Addressing your case, it is very probable that your wife is in a state of better realization of reality at the innate level. Spiritual levels differ from person to person based on past karma and tendencies.

With sustained efforts and prayer to god, each and everyone of us can reach higher and higher states of purity, whereupon celibacy becomes effortless and natural.

Trust this throws light
God bless and have a nice day :-)
Dhananjay

---------- FOLLOW-UP ----------

QUESTION: yes its beautiful light,living in that light every day ,i lapse sometimes,yes my wife is more advanced,i have more physical needs i think im more insecure,we only live this physical life once,and i feel im missing out,i know were reborn ,on asuperier plane,our planet is so full of physical temptations;apart from praying how can i resist them?

Answer
Hello Clifford :-)

Leading a life of purity and chastity is one of those paths which is tough and bereft of gloss at the initial stages, but leads to great bliss and serenity as one advances. The path of sensual pleasure is the quest for an illusory objective which is exciting at the initial stages only to desert one in great pain finally. Even the man who chooses the second path ultimately realizes he has been cheated by the so called exciting senses, and finally has to revert to the first path. There is no other way to eternal bliss. Why not save ourselves of trouble by listening to the voices of great masters who have written books of substance like the 'Bible' 'Qoraan' or the 'Bhagavad-Gita' ?

After all as Lady Eleanor Roosevelt once said "Learn from the mistakes of others

, you cannot live long enough to make them all yourself" - The smart man saves h imself trouble by absorbing wisdom present all around him.

Life of the spiritual celibate might look drab and bland to the sensual man, but he will eventually realize one day that the celibate is in fact actually pursui ng the short-cut to the land of eternal bliss, while he himself wasted time, ene rgy and might in taking the attractive but dead end road to misery. And then, he has to travel all the way back to the crossroads once again and take the only t rue path to the land of bliss - The path of purity, godliness and virtue.

God has given man some great weapons to fight temptations. They are Intelligence , discrimination and contemplation. Used rightly, they tell us what is right and what is wrong. All that is required once we know this is an iron determination to implement the suggestion given by the soul through the above mentioned instru ments. The soul is higher than all other faculties. Each and everyone of us can hear the voice of the soul if we set time time aside to sit quiet, contemplate a nd concentrate on divinity. This is what meditation is all about. The tool used to calm the mind and evacuate it of its modifications is 'Pranayama' or control of the vital energy achieved through regulated breathing. Practice these two aft er learning them from a knowledgeable source. Constant efforts ultimately bear f ruit.

P.S: Also kindly go through past answers related transmutation of vital energy o n this portal

God bless and have a nice day :-)
Dhananjay

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Dhananjay

Question
do u know any home remedies or foods or drink that will supress a woman's sex appeal? i'm seriuos. don't laugh. i am often very horny and need sex every single but i can't because of religious reasons. i'm a single mom and have no partner. i need to 'cool' down and concentrate on other things rather than sex. pls help. thx

Answer
Thank you for your question, IHM.

"Horny" is really a state of boredom, in which you cannot think of constructive things to do. The best cure for this is to become focused on your work and your religious practice.

If you're looking for foods to help, anything vegetarian, bland and fresh will help. Stimulants like coffee, spicy food and garlic are not recommended. Drugs like nicotine, alcohol, and marijuana are also not recommended.

Hope this helps! If you have any other questions, feel free to ask.

-Ian Clark
